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NAUTILUS

Magazine of New Thought

*Edited by Elizabeth Towne
and William C. Towne*



Open the magazine and read:

The Purpose of Self-Suggestion

The Light Called Life

Human Relations

Arthralgia Healed by Affirmation

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A NEW VAIDIANATHAN BOOK



HOW TO CHANGE YOUR CONDITION

By Re-Directing Your Subconscious

By S. VAIDIANATHAN

THIS is a book about YOURSELF—about your Subconscious Mind and how it can help you.

“Remember,” says Mr. Vaidianathan, “you can rebuild your whole being and career in life by reeducating your Subconscious Mind.” (See page 164.)

You can literally “change your condition” if you will read and use the methods of this book.

To Solve Your Life Problems

THE cooperation of your Subconscious Mind will help you solve your difficult life problems.

Read what Mr. Vaidianathan says on this point: “So I say your Subconscious, being the source of all power in you, will be able to wonderfully solve your problems and remove all obstructions in your way of progress, provided you seek its guidance whenever you are in trouble.” (See page 173.)

Memory Strengthened

“MENTAL development becomes possible for the individual in the measure he has unfolded the vital power to control his Subconscious Mind.” (See page 71.)

On page 93 and succeeding pages you will find instruction for strengthening the memory and all other faculties as well.

Creative Thinking

CREATIVE thinking is the faculty of genius and precedes all great accomplishments.

Creative thinking is not a gift—it is a *method of using the Subconscious Mind*.

The basic law of creative thinking that you should learn to apply to your individual case is given on pages 109 to 113.

To Form Good Habits and Overcome Undesirable Habits

CHAPTER IX of this great book is devoted to, “*How to Cause Your Subconscious to Form Habits That Enable You to Overcome*

the Reactions of Negative Mental States.” Habit is formed and rooted in the Subconscious and through the Subconscious you can change your habits and thus change *your entire course in life*.

Personal Efficiency

YOU can greatly increase your personal efficiency and your power to turn off work by directing your Subconscious forces. (See page 167.)

“HOW TO CHANGE YOUR CONDITION BY REDIRECTING YOUR SUBCONSCIOUS” is a Key Library book, bound in flexible covers, printed jacket, stained top, gold stamping. Size of book, 4½ x 6½. Printed from large clear type, 245 pages.

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NAUTILUS NEWS

BY THE EDITORS

NAUTILUS makes plain the Truth that frees, heals and prospers you. It opposes no race, sect or religion. Rather it supports the basic Truth in all religions. "Ye shall know the TRUTH and the TRUTH shall make you free."

This is What New Thought Teaches

Condensed from Declaration of Principles
Adopted at Third International Congress

THE essence of the New Thought is Truth, and each individual must be loyal to the truth he sees. The windows of his soul must be kept open at each moment for the higher light, and his mind must be always hospitable to each new inspiration.

We affirm the Good. This is supreme, universal and everlasting. Man is made in the image of the Good, and evil and pain are but the tests and correctives that appear when his thought does not reflect the full glory of this image.

We affirm health, which is man's divine inheritance. Man's body is his holy temple. Every function of it, every cell of it, is intelligent, and is shaped, ruled, repaired and controlled by mind.

Spiritual healing has existed among all races, in all times. It has now become a part of the science and art of living the life more abundant. We affirm that the universe is spiritual and we are spiritual beings.

We affirm the new thought of God as Universal Love, Life, Truth, Joy, in whom we live, move and have our being, and by whom we are held together that His Mind is our mind now, truth, peace, health and plenty, not only in our own lives but in the giving out of these fruits of the Spirit to others.

We affirm these things, not as a profession, but practice, not on one day of the week, but in every hour and minute of every day.

FIRST TURN TO
PAGE 22.

"The Essential Purpose of Self-Suggestion" (See page 22 of this magazine), will tell you just *how* suggestion works and *why* it

can create for you that which you desire. This brief article by Sheldon Leavitt, M. D., contains more vital help for you than most books on this subject. Next we recommend "The Light Called Life" and "Do You Choose to Be Poor?" Read these three contributions, whether you read another word in this issue of *Nautilus* or not. Read and *re-read* them. Make them a part of your consciousness. Put them into *practice*. Apply them in all that you do and especially in all that you *think*. These three contributions, if read and *applied*, may change the whole course of your life. Live with them for one month and watch for our selection of what to read in the *next* issue of *Nautilus*.

(Continued on page 2)

See you saw it in NAUTILUS. See guarantee, page 5.

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If you find an expiration notice attached to this space it means that your subscription expires with this issue, UNLESS your renewal has crossed this notice in the mail. Please renew at once so as to avoid missing an issue and save the expense of removing and replacing your name on the list. IF YOU WILL RETURN THE RENEWAL BLANK WITH YOUR REMITTANCE SO THAT IT REACHES US BY THE 20TH OF THE MONTH OF THIS ISSUE WE WILL CREDIT YOU WITH 12 MONTHS FOR \$1.00. We can afford to give you an extra month for prompt renewal.

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**VAIDIANATHAN'S
"SPIRITUAL HEALING"
LESSONS.**

Will begin in December *Nautilus*. We couldn't "stretch" the space to include the first lesson in November issue as we had hoped. Full announcement next month. We shall also announce in detail in November issue a new series by Francis W. Foulks, to begin in December. Keep your name on the paid-up list! Don't miss these great features.

**WE APPRECIATE
YOUR KINDNESS.**

The magnificent loyalty of the readers of *Nautilus* and the friendly cooperation which they give so generously is a constant source of encouragement to us here in the office. It is this splendid spirit among our readers, who without hope of reward, aid in extending the circle of *Nautilus* readers (first by renewing their own subscriptions and secondly by interesting others in the magazine), which gives to *Nautilus* its unique position in its field. We want once more to express our great appreciation to all our friends in all parts of the world.

THIS IS FOR YOU!

We want your help. *Nautilus* is edited for you. The first test of every manuscript which we consider for use in *Nautilus* is this: Will it really help our readers? To a great extent we have to guess at what will help you the most. After you finish reading this issue won't you please write a brief letter telling us which articles you found most helpful, and why? We will be glad to hear from you and it will help us to plan future numbers of *Nautilus* so as to give you MORE OF JUST WHAT YOU WANT.

**"DWELLER IN
THE SUN."**

We owe an apology to the author of the beautiful little poem entitled "Dweller in the Sun," which was published in July *Nautilus* as a part of the article by Hazel Harper Pickett. We find that the name of the author of this poem is Marcia A. Taylor instead of "Maria" A. Taylor as it was printed in *Nautilus*. This error was not due to any fault of the author of the article, Hazel Harper Pickett, or of *Nautilus*, the name having been incorrectly printed in the publication from which it was quoted by Mrs. Pickett.

Coming In

NOVEMBER NAUTILUS

"The Healing Power of the Spoken Word," by Florence M. Johnson. Miss Johnson is widely known as a teacher and healer, having worked with Mrs. Annie Rix Militz for many years as her assistant and secretary. Her contribution gives in clear and simple form the principle of healing as taught by Christ Himself, with full instructions for its personal application to the individual.

"Faith Re-Educated Her Subconscious and Produced a Seeming Miracle of Healing," by J. A. Eichwaldt. This is the experience of "a desperately hopeless woman" who had tried doctors, diets, mental suggestion and affirmations without avail, and how she was finally healed through a unique appeal to her own power of FAITH.

"The Intuitive Type Child," by Wilfrid Lay, Ph.D. Mr. Lay is an instructor in the Flushing (N. Y.) High School and a widely known writer on child psychology. This is the third of a series Mr. Lay has prepared for *Nautilus*. If you want to make the future life of your child more happy and to help him to be more efficient in all his activities, be sure to read this series.

"Give and Be Prospered." A definite method, easily followed, to bring prosperity. Try it.

"How to Make Autosuggestion Effective," by Francis E. Patrick. It gives the technique of autosuggestion so clearly that almost anyone can follow it without difficulty, in healing ailments and changing the personality.

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What Is Personal Magnetism?



What Is Sex Magnetism?

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You have it. Everyone has it. But do you use it?

What is this marvelous force that raises the sick to glowing, vibrant health, the timid to a new confident personality, the unsuccessful to positions of wealth and astonishing power?

You have it—everyone has it—but not one person in a thousand knows how to use it!

It is not a fad nor a theory. It is simply you, yourself—your manner—your own marvelous personal force, released and magnified a hundredfold in an amazingly clear-as-crystal, scientific way! More necessary than good looks. More valuable than money. For without it a salesman is hand-out! Without it a business man is powerless to command! No actor, no teacher, no orator, no statesman can long hold his audience spell-bound without this supremely influential magnetic force!

Personal magnetism! How easy to release it! How wonderful its results! No long study or inconvenience. Not the slightest self-denial. Just a simple, clear, age-old principle that taps the vast thought and power resources within you, releases the full sweep of your magnetic potentialities and makes you almost a new person from what you were before!

Personal Magnetism is not hypnotism. Hypnotism deadens. Magnetism awakens, inspires, uplifts. Personal Magnetism is not electricity. It is like electricity in one way—while you cannot see it, you can observe its startling effects. For the moment you release your Personal Magnetism you feel a new urge of power within you. You lose all fear. You gain complete self-confidence. You become almost overnight the confident, dominant, successful personality you were intended to be—so fascinating that people are drawn to you as irresistibly as steel is drawn to a magnet!

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Startling Realization Lecture, Now Sent Entirely Free, Explains How to Master Your Little Self and Do the Things You Want to Do.

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Your **Little Self** derides your splendid visions, sneers at your ambitions, doubts your ability in everything you attempt and ridicules your noble acts. It tugs and nags and drags at you to keep you from all the abundance, success and happiness in life that otherwise you might easily obtain.

Your **Little Self** is your temporal, quibbling mind, that tries to keep you from being the broad-minded, capable, admired, successful man or woman whom you otherwise would be.

It is your **GREATER SELF** that occupies four-fifths of your brain. It built your body from the beginning and still repairs, renews and sustains it. It never sleeps. It is timeless, changeless and deathless. It would abundantly give you every desire of your heart, if it were not held back, discouraged and defeated at every turn by your doubting, fearing, hating **Little Self** that makes you think and say and do the things that make you unattractive and common and unpopular and a half-success or failure.

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THE NAUTILUS

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WILLIAM E. TOWNE

{ The Editors

CHESTER HOLT STRUBLE, Managing Editor

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I weighed 215 lbs., even though I had carefully regulated diet for years, and made great effort to reduce weight.



Unretouched photo taken by the Hearst Newspapers while I was delivering Memorial Day Address in Los Angeles 19 years ago!

I had been teaching Truth for years. I had faithfully tried to hold my mind to spiritual thought, but my body was NOT purified, even though I HAD tried to live in accord with Spirit.

Body Purification By Landone

No one is spiritual if he has to SLEEP 7 hours a day!

And no one is spiritual if he is FAT or even stout!

Or, if he is exceptionally THIN!

Or, if he is GROWING OLD!

The child hops and skips in its play—often hops a third of its own height; and every movement is joy, because its body is not loaded down with wastes.

But YOU—you would hop and skip like a LUMBER WAGON, because you are loaded down with the mineral wastes left in your body for years, with acid crystals in between muscle cells, with fatigue poisons in nerve cells—exhausting you and depriving you of joy of movement, and with poisoned dead substances, which makes mirth impossible.

Why the scientist, Carroll, has kept even chicken heart tissue alive for TEN YEARS AFTER the chicken died! HOW!—Merely by keeping it clean of its waste impurities. All great scientists now assert that old age is merely ACCUMULATED wastes IN the tissues.

PURIFY your body! Be TRIM, not fat! Be ever filled with ENERGY, not always exhausted! Keep YOUNG, instead of growing old!

And now, I weigh 166 lbs., although I have made NO effort to reduce my weight, since using my PURIFICATION WORK.



Unretouched photo taken by Stein after 15 years of BODILY PURIFICATION.

A body is NOT pure, merely because you refrain from this act or that act.

A body IS PURE when waste poisons are cleaned out FROM BETWEEN cells of brain, nerve, muscle and organic tissues.

Seek a pure mind PLUS a pure body.

Living or Dying—Which?

Your MIND may have dwelt on "spiritual" thought for 80 years, so that your "thinking" is spiritual!

You may have lived so that your ethical and spiritual life cannot be questioned!

BUT your BODY is NOT spiritual if you are FAT, or GROWING old, or exceedingly THIN, or if your body requires 7 hours of sleep every night to get rid of the waste poisons, which your mode of living produces.

Very little time in sleep is used for repairing the body; most of it is used to get rid of waste poisons created by the way you live.

If your cook were so dirty that it took her 7 hours to clean up the dirt she produced by each 17 hours of work, you'd discharge her at once.

Why do you live so that you must lie UNCONSCIOUS FOR 7 HOURS A DAY to get rid of the waste poisons your living creates during the other seventeen hours! I find no excuse for such lack of purification of body. There's but ONE basic reason why you are fat or thin, joyless in activity, always tired, and growing old.

Purify mind and living, and also body! Live, instead of dying day by day!

A Joyous Body or A Lumber Wagon

There's a reason why YOU are as you are:

Mineral Deposits have accumulated in your body year by year, resulting in a "loaded body," stiffened muscles, hardened arteries, old age.

A gram is very small and your body needs only 2 grams of mineral salts a day.

Yet, in many "good" drinking waters, there is one-fifth of a glassful of mudlime in each ten gallons of water, and you use half a gallon of water each day in your food and drink.

"Each year the earth's rivers carry to the sea five billion tons of dissolved minerals." Even "soft" city water from lake reservoirs are loaded with minerals.

And Acid Crystals—sharp edged—due to your food which ferments, lodge in the body and grind on each other in knee joints, in nerves and internal organs.

Then Fatigue Poisons accumulate (impure wastes) so that you feel FOREVER TIRED.

And quantities of Dead Substances of worn out cells, remain in the body. The soul does not manifest freely through dead tissues. You get FAT!

The body CAN be purified—one man, so stiff he could scarcely move, did it after he was eighty, and then became a physical culture instructor!

BODY PURIFICATION is a COURSE of 10 Lessons—another "Diamond" Course, as condensed in content and value as diamonds.

WHEN OFFERED: This Course will be offered in Nautilus, but once a year; register now or wait until 1929.

PURIFY YOUR BODY so that, month by month, you will need less and less sleep, so that your

body will not even tend to become fat, and so that your body will again become so responsive that each moment is joy!

FEE: The fee is \$9.70, payable at time of registration.

REGISTRATION: Must be made before October 31st, 1928. Send fee to:

BROWN LANDONE, Post Office Box 6, Newton, New Jersey

Here's a Real "Get-Rich-Quick" Ad

It tells how I made \$100,000 with a "fool" idea—how August Roeder made \$150,000 in 4 years—how Thomas Mone made \$40,000 in 2 years—how Mrs. A. G. Altmann made \$12,000 in six months. My free book is filled with such "get-rich-quick" stories. Get it. Read it. See how much you can make in this billion-dollar business.



August Roeder

NO matter what anyone says about the "get-rich-quick" idea, it is basically sound. If you take too long to make your money the only use you will have for it is to mention it in your will.

So, don't expect to get rich over night, but be sure to make your money quickly enough so as to enjoy spending some of it yourself. Here is how I did it, and how others are doing it:

I was living in a cheap boarding house, working long hours at a \$25-a-week job. I was tired, sick and discouraged. Then I got an idea for starting a real estate business "on the side." My friends said it was a "fool" idea. But in less than 5 years it netted me more than *one hundred thousand dollars*.

Then I started to teach my "fool" idea to others. I taught it to Al West, Ridgefield, N. J., and he was soon making \$1,000 a month. I taught it to Evalynn Balster, a widowed, Chicago school teacher, and she made \$5,500 on her first real estate deal. I taught it to Thomas Mone, a Brooklyn insurance solicitor, and he made \$40,000 his first two years in real estate. I taught it to Gus Roeder, who had been working in an amusement park, and he made \$150,000 in four years. And I have taught my successful real estate system to hundreds of other ambitious men and women, of all ages, in all parts of the country, and they are now making more money than they ever made before.

My free book is filled with the most amazing stories of business success. It tells how you can start, right at home, in your spare time, without capital or experience, and build up a money-making real estate business of your own.



Thomas Mone

The Biggest Business

Real estate is the biggest—strongest—soundest—thing you can get into. Sixty-five cents of every dollar of the entire wealth of the nation is invested in real estate. Real estate is growing steadily in value with the increasing population of the country. It is a business you can learn in your spare time without devoting years of study to it as in law, medicine, dentistry, chemistry, architecture, engineering, etc., etc. It's the biggest money-making business I know of. Students of mine have made as high as \$1,000—\$2,000—\$5,000 on single deals—as much money as most men earn in a year of hard work. Get my free book now. It tells all about the real estate business—my successful system—how you can learn my money-making methods quickly and easily—how you can start, just as others have started, in your spare time, and make more money than you ever made before.

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At the bottom of this page is a coupon which brings you a copy of my free book, "How to Become a Real Estate Specialist." Sign and mail it today. Find out right now what there is in this remarkable business opportunity for you. It's the same book that Roeder, Mone, West, Mrs. Altmann and these other ambitious folks sent for. And see what it did for them. Send for this book at once. It explains the greatest, money-making business opportunity you ever heard of—an opportunity backed up by all the resources of a half-million dollar company. Address, President, American Business Builders, Inc., Dept. 8-10, 18 East 18 Street, New York.



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What Is Your Limiting Fear?

Is it Self-consciousness! Or Worry! Or Apprehension! Or lack of Initiableness or Confidence! Or is it fear of some hidden disorder being present in you, or of your contracting some terrible disease! Most people have some limiting FEAR in their lives, but when these fears are sufficiently acute to make you unhappy or to limit you unnecessarily, it is high time to begin to get rid of them.



Many people suffering from such troubles go so far as to believe that they are different from others in make-up and that they may even go insane. This is all due to lack of proper understanding of yourself, your own powers, and just how to use and direct them. It is something you dialike to discuss with your friends and relatives, for you know they do not understand and will laugh at you and tell you to "forget it." But it is a serious thing to YOU and I want you to know that there IS A WAY OUT. A new life—new possibilities—will open up to you if you just attack these mental enemies in the right way and get rid of them. AND THIS IS POSSIBLE, I ASSURE YOU.

The last twenty years of my life have been devoted entirely to helping people rid their lives of FEAR. I have written a 100-page book that is based on this experience and is full of truths that can be of the greatest value to YOU. This I shall be pleased to mail to you, along with other literature, upon receipt of 25 cents.

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Fascinating Personality

By J. I. Billman, M.A., M.S.



"Personality is the key to the hearts of men"—J. I. Billman

Wherever men and women gather, you will find certain ones who occupy the center of attraction, who are eagerly sought for friends; who forge to the front in business and society.

THESE MEN AND WOMEN HAVE PERSONALITY.

You have known girls plain of face and unattractive in appearance, with little of wealth or education, who married splendid, attractive men.

Personality was the secret of their power **AND PERSONALITY CAN BE CULTIVATED.**

This little book tells how.

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THE PHYSICAL BASIS—about your "Personality Glands" and how to keep them active.

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THE TELEPATHY BASIS—how friends who are sought can be influenced—how thoughts reach people.

THE VOICE BASIS—"an otherwise winning Personality can be obscured by a repellant voice"—a simple exercise to cultivate the voice.

THE THOUGHT BASIS—the part your mind plays in personality.

THE FOOD BASIS—how foods create vitality, charm; what to eat.

THE BREATHING BASIS—how to breathe for "life and personality."

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What "Magic Secret" Does He Tell Them?

WHY should the winning of success be so much of a gamble? That you're doubtless wondered many a time. What the world calls success comes as often to the mediocre as to the capable. It seems as though Nature scatters success haphazard and lets it fall on whomever it may, regardless of what they have done, or have not done, to deserve it.

You've doubtless had these thoughts many a time. You wonder why it should be so. You know that there is no such thing as chance in Nature; that everything is governed by Natural Law. For every effect there is a cause. You know that the methods bring you success. You, like thousands of others, have tried them all—and they don't work. Yet your reason tells you that as there is a cause for every effect, there must be a clean-cut, definite cause that produces success. And you wonder... and wonder...

Success Produced Chemically?

Fifteen years ago a quiet, unassuming man in Boston thought along these lines—even as you and I. And then he developed a startling theory. He knew that everything in this world is a matter of chemistry—the result of the combination of various chemical elements in a certain way.

To him came the thought that if material things can be produced chemically, why not mental things? Why could not the principles of chemistry be used to produce success in any shape, form or degree that we want it?

Why not, indeed? If we want water, we mix hydrogen and oxygen. That is a definite formula that always produces water. If we want to obtain the color green, we mix yellow and blue. And so on. There are definite, sure-working formulas to produce material objects we want. Why could not the same principle be applied to, say, getting \$500 quickly, or a better job, or quick advancement, or wider opportunities—

"Tell me what you want, and you shall have it!" That's what this amazing man says. He brings you money—advancement—opportunity—success in any form you want it. He gets you what you want! He's done it for thousands of others. And he offers to do it for you!

or anything that human beings want or desire?

With this startling idea he went to work. His studies and investigations took him through the whole realm of science. He experimented on himself. Then on friends and acquaintances. Finally, by combining certain principles of chemistry, physics and psychology, he developed a formula that enabled him to produce success with ease—to take the hopes, desires and ambitions of men and women and speedily to make them come true!



The "Magic" Formula

To test the formula thoroughly he obtained contact with thousands of men and women through the lecture platform. He gave the formula to them. Results were startling! Then he explained it by mail—to people the world over—with the same remarkable results. People told—and proved—the most surprising things. Hopes and ambitions quickly turned into realities. Definite sums of money brought to them. Promotion—better jobs with higher pay—quickly obtained. Incomes increased. New opportunities continually offered to them. Health improved. Troubles banished. New abilities and talents quickly developed. And people of all ages quickly lifted up from drudgery into an expanding, thrilling, joyous life of abounding happiness and wealth.

That is what this great discovery has done and is doing for thousands of men and women the world over. That is what it will do for you. Think what it means to you! Think of the great power of achievement it puts in your hands! For new you can control your fate—can build the ideal life and

career you wish—can get the good things you want. Simply apply this formula and you immediately get the most surprising results. You get what you want! You don't have to work a bit harder; you can take it easier, in fact. No new studies, no denials, no effort. You simply go on as you have always done. The formula does the work and produces the results for you!

FREE to You!

The whole story of the discovery of this wonder-working formula by Leland Wells Pollock, Harvard-trained lawyer, is told in two startling manuscripts entitled, "The Great Discovery," and "The Secret of Life." They are yours for the asking—free of charge or obligation. Simply fill in and mail the coupon.

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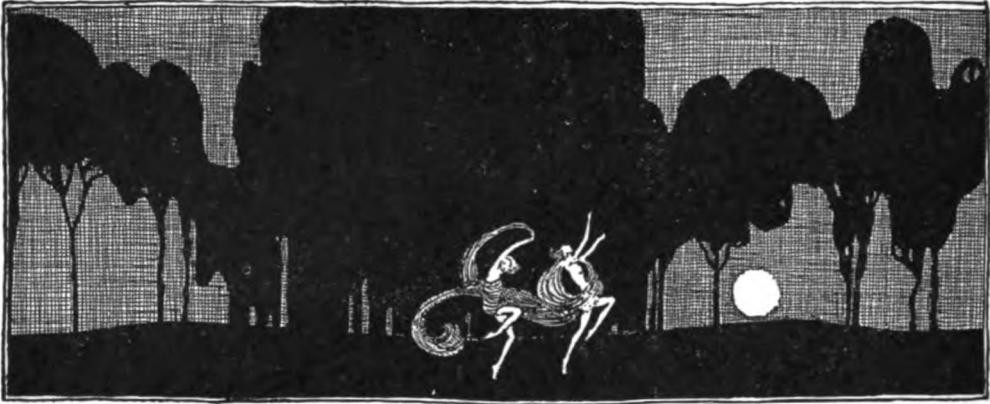
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Ashes and Prisms

By Katharine Parker Thore

LIFE brought to me a cup in steady hands,
 Brimming with molten rainbows to its crystal rim.
 When I first touched it, trembling, to my lips
 My heart was like a bubble in the sun.
**WITHIN LIFE'S EYES I GLIMPSED ALL HIDDEN
 THINGS.**

But while I held it, like an iridescent mist
 Youth rose, and lover's faith, and melted into air,
 Left but a cold, gray draught deep in the cup,
 Drops salt and bitter as a woman's tears.
**ABOVE MY GRIEF I HEARD THE WHIR OF ANGEL'S
 WINGS.**

Then I took laughter, joy of daily work,
 And love of friendly neighbor folk, and poured it full;
 And lo! Once more the molten rainbow crept
 Close to the crystal rim, and it was sweet.
**AND, SMILING, HOLDING HIGH THE SHINING CUP,
 LIFE SINGS.**



NAUTILUS MAGAZINE

Self-Help Through Self-Knowledge

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EDITORIALS

by Elizabeth Towne

"Build ye more stately mansions, oh, my soul,
As the swift seasons roll!
Leave thy low vaulted past!
Let each new temple nobler than the last,
Shut thee from heaven with a dome more vast,
'Til thou at length art free,
Leaving thine outgrown shell by Life's unresting
sea."

—Holmes' "The Chambered Nautilus."

Bless Your Money and Your Creditor.

BLESS YOUR money before you pay it to your creditor. Bless your creditor! Prosper him, and in doing so you will prosper yourself. Did not Jesus say, "BLESS, and curse not?" Bless your money to bring you multiplied returns.

Bless the one who is to receive the money, and then bless everybody in the world to whom that money will circulate in future.

So shall you enlarge your consciousness, and your ability to make money and to receive it.

▽ ▽ ▽

To One Who Wants To Sell An Old House.

THE VERY best New Thought treatment you can give to that house is to get busy cleaning it up and getting rid of those cockroaches. Give the house a thorough scrubbing of floors and woodwork. Why not get the paint and put it on yourself, if nobody else is there to do it? Paint the steps, clean up and beautify the yard.

Whatever you do for this house, be sure you put your love into the house and bless the people who are to inhabit it, giving them your blessing with everything you do.

Here is a Truth Treatment for you, to be

used the first thing every morning and the last thing every night, and as many times during the day as you *happen* to think about the house and your renting or selling problem. Also repeat it to yourself many times when you are working on the house. Here is the healing statement for you to use *until you realize what you desire*:

With God's loving prosperity I bless this house and those who will buy it and who will live in it. I give my best to this home, in loving service to make it clean and sweet, fit to be the real home of a family of God's own children. I make clean this house, I love it and bless it with all of the divine that is within me. God sends to me the right buyers or renters, who will be blessed in any way by this home, and who will bless me by giving me the right amount of money and doing it with God's own good will and blessing. All the walls of limitation are now dissolved and God's love and His money flow freely to me, and to the buyers and renters of this house. God sends me the best people to enjoy and love this home. I receive them with gladness.

Go in to win and stick to it until you realize what you desire! Remember that practice makes perfect and nothing else takes its place.

▽ ▽ ▽

A Gene Tunney Knock Out for Self-Pity.

YOU SAY that for years you have "sat around and pitied yourself and allowed other people to worry you, and you feel that you have sinned against God—at times." That

EDITORIALS *by Elizabeth Towne*

is the kind of *treatment* that you have been giving yourself for years—and it is the most devitalizing, destroying, disintegrating treatment that you could possibly devise for yourself and your affairs. No wonder your health, happiness and prosperity have gone to pieces under the strain of years of self-pity.

Now it is time for you to **CHANGE YOUR MIND** and reestablish health, happiness and prosperity by continually practicing the new kind of treatments which we call **New Thought**. You have got to “sit around” and think this new truth about yourself, until it becomes your habit.

But you cannot sit around all the time—you have to sit around enough to take the treatment as given you, and then you have got to get up and **EXPRESS** the truth of your being, which is God's infinite health, happiness, prosperity and creative work—you have got to get up and **EXPRESS** these in right action. And keep at it until you are strong and healthy and whole again in your consciousness, even as you are strong and whole and healthy *in your real being*, which is God, spirit.

It will not take nearly as long to re-establish yourself in the consciousness of God's health, happiness and prosperity as it has taken you to get yourself established in these foolish self-pitying and sinning ideas, because God's ideas are infinitely more positive and active than those self-pity and worry ideas.

Hereafter, whenever you catch a thought of self-pity or worry going through your mind, get up, stand straight, double up your fist and *hit out like a pugilist* at that idea!—make the physical motions of **KNOCKING OUT** that silly self-pity or worry idea! Do it positively, in the spirit of a good healthy Dempsey or Gene Tunney! Then repeat to yourself the following **TRUTH TREATMENT**:

God is my real **SELF**, in whom I glory now and always. He is my life, my health, my happiness, my prosperity, my will to do good work for the world. In Him is my trust. To pity myself is to be disloyal to my divine Self which is God. I **SCAT** the idea! He in me now knocks out every negative thought! I glory in Him and His perfection, health,

happiness and prosperity **IN MYSELF**, my real Self. God's infinite power wisdom and riches are mine now and I rejoice in Him and His infinite good gifts. In the life of His Spirit shining through me every negative thought and condition dissolves **NOW!** I go about **DOING GOOD WORKS** and giving **GOOD CHEER**, because God in me moves me to do good and to give good cheer to those about me. I smile and my world smiles with me! I weep no more for I now know my infinite powers within, and my ability to express divine love in all I do and think.

▽

Practice the Desirable Way.

USE THE above truth treatment the first thing every morning and the last thing every night, and as many times during the day as you *happen to catch your thoughts* slithering back onto the negative thing.

Of course, you are forming new habits of mind now, just as a child learning to play the piano is forming new habits of using his fingers **INTELLIGENTLY**. When he has practiced enough, expressing God's Good Will in his practice, he finds himself able to play beautifully without having to think where and how his fingers must go. But for a long time, for years more or less, he must keep thinking about *just how* to place his fingers every time, in order to express the divine harmony which God's spirit in him desires to express.

That is exactly the way with you: you have to begin to *think with God*, to think God's thoughts, and you have to keep right on practicing until you do it so easily that your thinker never slithers off onto the negative!

Get busy, put all of the divine Good Will of God into your practice here and now, and it will not be long before you begin to see and feel that every day in every way you are growing better and better at expressing yourself in divine love and truth.

As to your relatives and friends, remember that they try as hard as you to be happy and cheerful and to meet things in the right spirit. I would not lecture others about New

EDITORIALS by Elizabeth Towne

Thought, a smile from you will do more good than a lecture! But after you have been living true to truth for a time you will find others about you growing better and better every day in every way, also. For you and those of your household are one, and either one of you can key the thought of the others, by just giving loving service and good cheer, without expecting *anything in return*—not even a smile or a good word! But more and more you will find the smiles coming your way, and the good words and the appreciation coming your way, *provided you give them to others.*

You can do any desirable thing in the world if you *want to try to and keep at it.* Practice makes perfect and nothing else takes its place.

All good things come to us by this route, and by no other. All good things begin in SPIRIT and in thought.

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God Forgives You When You Forgive.

EVERY self-pitying and worrying thought you have held has been a *sin against God!* Every time you call on God to help you, and *then do the thing that you desire to do*, do it in the strength, power and wisdom of God, you are glorifying God.

God forgives you just in proportion as you forgive yourself and *forsake your sinning thoughts!*—by *acting out the divine will and wisdom which is within you always.* Which is your life as well as your health, happiness and prosperity. All things come to him who waits *provided he practices true thinking and acting while waiting.*

Of course you are a "fool" every time you "sit down and pity yourself"—a fool as well as a sinner against God!

But what of it? Everybody in the world does the same thing at times. When he does it long enough he brings to himself so many *kicks* that he wakes up and gets busy going about doing good works according to the will and wisdom of God within him. Thus you can see that all things work together for good—even our foolishness and our sinning.

How divinely wise was God to make us so that our wrong habits of thinking bring to us results that after a time wake us up and make

us find the right path and walk therein. Glory to God in the highest in all of us, through all of us, to all of us, bringing peace on earth, good will and divine supply to each and every creature.

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On Being Inspired.

YOU SAY you picked up a little New Thought booklet and that it "inspired you so much."

Why? Because the ideas in it released the spirit of God to express in your consciousness. God, the Almighty God, the ALL-MIGHT, is the only inspiration that can be felt in the mind of any human being.

The ideas upon which we dwell either open up the way for God to express in our consciousness, or if they are the not-true kind of ideas, they close down the door, so that the inspiration does not move into our consciousness.

Inspiration comes from SPIRIT into mind, and from mind it expresses through the emotions in action and reaction in the outer world.

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WE must take time in our busy lives, for getting our mind back to its resting place in God, exactly as a weak battery goes back to be recharged. If we live busy lives, we must be efficient enough to take regular times for this recharging of our mental batteries, by turning our thoughts to "resting in God." We should take time daily, even hourly for "going into the silence," to balance our periods of expressing ourselves in the business of living.



Neuralgia of Five Years Standing Healed by Affirmations of Divine Love

By Marguerite Eldred Wright

FOR FIVE YEARS I suffered intensely with recurrent neuralgia. Each time the attacks returned—and they returned upon the slightest excuse—they were more painful. Only one who has suffered with this disease can appreciate how helpless the victim becomes. Medicines stilled the pain but they did not cure the attacks. It seemed as though nothing could.

Then one day I heard an old lady say to my mother, "The only way to cure that girl is to apply hot sand bags to the painful parts. Heat is the only thing that will cure neuralgia."

I was a novice to Truth. The old lady's last phrase intrigued my thought. "Heat is the only thing that will cure neuralgia," she had said.

I ran over the list of spiritual qualities in my mind—faith, courage, hope, joy, love—which of them might reasonably be called life-giving and warm? It came to me that love met the requirement. People in love were always warm and vitalized. It must be that my nerves lacked love or they would not torture me so. I thought back over my life. My husband was loving and kind; frequently I had repaid him with unreasoning jealousy and hatefulness. I had estranged many of my friends with my sharp tongue. If I expected permanent healing of my condition it was time for me to change some of my ways.

I said to myself, "If I am the divine daughter of God, then these things that I have done are not true. In me there is a Real Self that is the embodiment of all my dreams of lovely womanhood. This Real Self must be beautiful, healthy, prosperous, loving and charming. I am going to forgive and forget the Ugly Self, and develop my true powers."

I went to each part of my aching body

and spoke words of forgiveness: "Forgive me, for I knew not what I did. Never again will I cause you to suffer. Never again shall you be starved for love."

Silently I invited the Lord Christ to take up His abode in my cleansed temple. Then I began to feed my starved nerves with thoughts of love. I held steadily to these affirmations: 1. Divine Love burns in me, a living, warming fire. It heats the life currents throughout my whole body. Its radiant rays banish all but peace and harmony. The heat of love establishes peace and harmony in me NOW. 2. My nerves are bathed in peace and harmony, a great ocean of warm, loving life. 3. This ocean of warm loving life heals me here and now. I thank Thee, Father, that the heat of love has healed me here and now.

The reader will note that I used these affirmations in progressive order. I visioned the life current in me; I heated it at the fires of love; I bathed the afflicted nerves in it constantly. Nor was I content with a few treatments every day. As long as the trouble lasted, I held the silence once every two hours.

Many persons fail to heal themselves because they don't LIVE the message given to them. I became loving towards my environment and my people; I held thoughts of health and prosperity for everyone whom I contacted. I knew that my healing depended upon what I gave out quite as much as upon what I received.

In a few days I was healed. I'll never be a slave to neuralgia again, because I'm keeping loving. What's just as important, in the hour of my need I was able to establish my faith and prove the promise; "Great peace have they which love Thy law; and nothing shall offend them."

(Next month read "How I Healed My Mother and Brother by Truth Treatment.")

NO man ever stated his griefs as lightly as
he might.

—EMERSON.

Do You Choose to Be Poor?

By Ada Marshall

Explaining How You Can Have the "Perfect Conscious"

DOES IT sometimes occur to you that, although you are benefiting by applying New Thought to some of your own problems, you do not seem to be achieving any improvement so far as your financial success is concerned? You are living in the same house, spending about the same amount on house-keeping, clothes, vacation, improvement, recreation, charity, as you were one, or two, or three years ago. You don't understand it, because you have certainly made progress in other ways. You are better in health; you are easier to live with; you don't gossip; you look always for the good; you know that your Power is from within, and you rely on that Power to a very great extent.

But your circumstances are not improving; you feel vaguely that there is something wrong. And there is.

What you lack is the prosperity consciousness.

It isn't any use to remember that your Father will supply all your needs and proceed to cut down on a necessity in order to save toward Jack's college expenses. God cannot operate that way because you are preventing him. He gives abundantly. He desires you to be careful for nothing, but in everything to make your requests known unto Him.

But, you may say here, the question is, "is it a *need* for Jack to go to college? He *wants* to go, of course, and we want him to go, he's so bright; it seems a pity not to make some effort to let him have the advantage." Certainly you should make the effort; he should make some effort, too. Right there is where you misinterpret God's plan for you. To make the effort isn't to save until saving hurts, but to ask God to direct you how to give more to the world so that your recompense—your income—may be sufficient for your needs, and the needs of those dependent upon you.

That brings us back to your doubt about the *need* for Jack to go to college. He is probably, since you require convincing that

it is necessary for him to go, the first in your family with such aspirations. Don't you know that the very aspiration of your boy is its own vindication? That's how God works. Do you suppose for one moment he is going to be dynamic in any life and not keep pace? Going to college is advancement. God wants us to advance in the way that most appeals to us. To send a boy to college who doesn't feel the urge to go, is a different matter. Your boy, it is assumed, feels the urge to go.

Find Your Consciousness of Prosperity.

What you need is the *consciousness* that your Father will supply you, just as your boy, starting out to public school, never doubted your intention to supply the books and outfit he needed then, when his loving faith in you was perfect.

But you may not have a son who wants to go to college. You have, however, other good reasons for an increase in prosperity.

Just review your speech and actions with me.

Waste is always wrong; but there is such a thing as overcarefulness. Indiscriminate giving isn't wise; but there is a considered giving that leaves you poorer than does indiscriminate giving.

You can be careful about the house with your gas and your electric light in such a way as to keep you poor. Do you turn on gas and electricity while forever counting the cost, fearing the bill that will come in? If you do, you have the poverty, and not the prosperity, consciousness. Turn on the heat and the light with the feeling that there is plenty, even if you cannot see the plenty ahead. Do this systematically for a time, until you have lost the tiresome habit of begrudgingly turning on heat and light, or having other members of your family turn it on.

Are you too careful with your supplies, using an egg less here, substitutes there, or, if you are a man, requiring your wife to do such things? Do you rush through some serv-

ice of love in order to get to some store where something needed for the house is being sold a few cents cheaper that day? Don't be so overanxious to save the cents. You lose the prosperity consciousness and drive plenty away from you in this way.

Your Supply May Come From Countless Avenues.

Do you make your clothes last longer than they should, until every time you go out you become a little more dissatisfied with your appearance, and feel poorer, grimly telling yourself such a state of affairs has to be if you are to accomplish a certain desired end. It really isn't. Your needs are increasing and your supply should increase, and will increase if you apply to the Source of Plenty. Don't think you *know* every avenue by which your supply can come. As a matter of fact, after you have left the matter with God it nearly always comes by some way of which you have never even thought, and which after all is a perfectly natural way. Once when I turned to God in this way, looking to Him alone, and to no other source at all, there followed an immediate decision on my part to buy a certain book that I had long wanted, and hadn't felt I should afford. From that book I discovered an avenue by which increased income could have been mine for some years, but I hadn't been aware of the fact. All very simple, wasn't it? I didn't forget to thank Him, and I set to work without delay.

Watch The Way You Give.

Then, too, with giving. We keep ourselves poor with the way we *give*. Here you may smile and murmur: "*I know that!*" But I do not mean it exactly as you think, probably.

When you give, do you feel poorer or richer after? You may answer that you suppose you feel a certain satisfaction in having given, and are possibly richer, in a sense. But do you *know* and *feel* you are richer? You are not so sure that you do. You do know you have a dollar, or fifty cents, or a quarter less to spend on things you rather badly need.

Such giving is keeping you poor. Give knowing that you have plenty. Don't give so much from yourself as from a rich source within. Then something happens. In the first place you really won't miss the money you have given, for if it deprived you of anything you should have, God will take care of that part of it. Not if you doubt, of course; only just as you rely on Him to do it. Never give from the poverty consciousness. When

you get the habit of giving *with* God, you won't be able to give from the poverty consciousness; the prosperity consciousness will be too strong.

If you are scrimping and saving you have probably got into the habit of frequenting the cheaper stores. To enter any store where the staff isn't well accommodated, where the labor is most obviously poorly paid, takes something from you; you get nothing. When you think this over you will see just how and where you lose. For myself, when I am served by a girl who is working in a place I would not care to have a relative of mine work in, should such a relative be in that particular line of work, I feel ashamed of buying there.

Seek the Environment of Prosperity.

A certain lecturer has been coming to the city in which I live for the past four years, and latterly he has been giving his lectures in a first-class hotel. It doesn't hold anything like the number of listeners he can draw, but his change from an auditorium in a poor locality has changed the consciousness of those who go to hear him. Instead of walking along a mean street of tumble-down houses with not overclean tenants sitting about the verandas, his audience now reaches the lecture room by way of rich carpets, past people in comfortable lounges, obviously prosperous and at ease in luxurious surroundings. They are not only about to listen to how their affairs may be improved in every way, but for the time being they are in an atmosphere of prosperity; and somehow they attain the prosperity consciousness. The poverty consciousness has departed—at least for the time being.

If you cannot bring yourself to the point of giving up dealing at cheap places all at once, at least begin to frequent the better stores more often. When you are buying a new outfit don't feel you daren't look at the more expensive goods. Look at them and enjoy them, and tell yourself just as soon as you have your prosperity consciousness working full time you are going to shop there too. Then set to work to eliminate all thoughts which result in lack, and cultivate those which bring you to the land of plenty to which your Father rejoices to lead you, not at some distant date, but just as soon as you take Him at His word.

(In November Nautilus: "*Give and Be Prospered.*")

The Light Called Life

By D. F. Davidson

How to Make Wealth, Health, Happiness Part of Your Daily Life

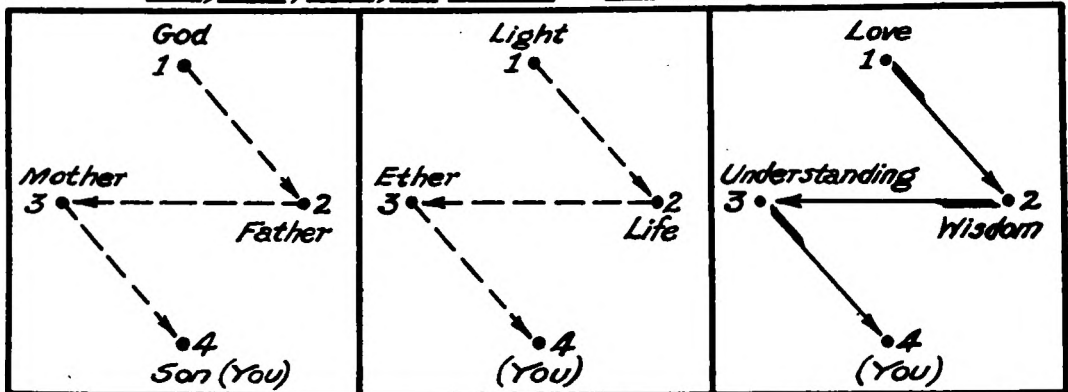
IF A thousand people in America today were given each a Golden Magic Lamp that would grant the three things they desired most in Life, nine hundred would ask, first, for Wealth, second, for Happiness, and, third, for Health.

Now, there is an exact and definite Law of Life that these nine hundred men and

structive thinking; but if you are sincere in your desire to make Health, Wealth, and Happiness yours, and will use your free will to overcome your destructive thoughts, you can do it.

The first thing is to be sure in your own mind that Wealth, Happiness and Health, are the three things you desire most in Life.

GOD, LIGHT, LOVE, AND WISDOM — MANIFEST — (IN YOU)



No. 4. Life Manifest

1. God
2. Father (Force in Nature)
3. Mother (Force in Nature)
4. Son (Life Manifest)

(You) (The Living manifestation of Light or Darkness.)

No. 4. Form and Shape (Life Manifest)

1. Light
2. Life
3. Ether
4. You

No. 4. (You) Peace or Discord
Peace—Positive Attracting
Discord—Negative Repelling

1. Love
2. Wisdom
3. Understanding
4. You

women must work in harmony with if they are to make part of their daily lives these three things they desire most, Wealth, Happiness and Health.

This Law is that they themselves must be the Father and Mother of Positive, Constructive Thoughts that are in tune with the Health, Wealth and Happiness they wish to attract to themselves. They must not be the Father and Mother of Destructive Thoughts that will repel from them the Positive, Radiant Conditions of More Abundant Life which to them will manifest as Wealth, Health and Happiness.

It is not an easy thing to overcome the deep, mental grooves made by years of de-

And then to make up your mind you will work in harmony with Nature's Laws and More Abundant Life (and do it), until you have built up around you by Positive, Constructive Thinking the Health, Wealth, and Happiness which are but Constructive Thoughts crystallized into shape and form.

Now how would it be to show you just what is back of real Constructive Thinking, and what actually happens when you reflect Radiant Life constructively from your own thoughts of Love, Wisdom, and Understanding, in harmony with Nature's Laws and More Abundant Life?

Here is a small drawing that may help you grasp the Truth in Life:

Immediately God (No. 1) manifests Himself, He is Double (1) and (2).

No. 1—Indivisible Essence

No. 2—Divine Substance

No. 1 (Truth) and No. 2 (Light)

No. 1 "Truth is the Soul of God

No. 2 His Body is the Light."

No. 2 LIFE—is Active, Animating, Positive, Masculine. It is the Guiding, Attracting FORCE in Nature; The Father Principle of Life that attracts and whirls, (and holds constant in their planetary orbits), all Atoms, Thoughts, Worlds, and Suns.

It is the Vibrating Force men call Life, in which is contained all the knowledge and Wisdom of the Universe, but which is only manifest in each form and shape (No. 4 Life Manifest), according to that form and shape's capacity to reflect Truth and Life.

No. 3 ETHER—is Passive, Animated, Plastic, Negative.

The Mother Principle in Life: That repelling Force in Nature by means of which the Father Wisdom is made manifest.

No. 4—YOU—is Life Manifest by the contact of No. 2 and No. 3—Wisdom and Understanding animated by No. 1—Light and Love from the Divine Source of Life.

Each man and woman is No. 4—LIFE MANIFEST, and every thought, and word and deed of Man is No. 4—LIFE MANIFEST, with Man acting as the Guiding Hand, No. 2 and No. 3, and determining by his own Free Will whether these thoughts, and words, and deeds, shall be constructive and shall produce and manifest Radiant Life, Light, Love, and Wisdom, or destructively, and manifest darkness, hate, doubt, and fear, and death.

Every flower and weed, every blade of grass and tree; every plant and animal form; every rock and mineral deposit; every insect and bird, every form and shape of matter is No. 4—LIFE MANIFEST. They are all taking their supply of Radiant Life from the ONE DIVINE SOURCE of Life, Love, and Light, which alone can give to each form and shape that radiant, sparking force which we call LIFE.

All Life is one; All is but Indivisible Essence, and Divine Substance made manifest.

There is no such thing as chance or luck.

All Life is under Perfect Law and Order, both in the Seen and the Unseen.

The Positive, Attracting Force of Life, and the Negative, Repelling Principle of Ether, are always manifest, and must contact, be-

fore Life can whirl into form and shape to manifest thoughts and matter.

Now think for a moment how this works out in your daily life.

If you are happy, loving, and kind, people will be attracted to you and will want to be with you. They will reflect to you only their constructive thoughts, and words and deeds. You will in this way, receive only the best vibrations from men and women around you. You are working in harmony with the Law that produces Light, Love and Beauty, Wisdom, Understanding, and More Abundant Life, which will give Health, Wealth, and Happiness to you, for you are reflecting Health, Wealth, and Happiness to others, and are changing your every thought and cell with this Positive, Constructive Force of Radiant Life.

Now, back of the Wisdom and Understanding of More Abundant Life, is a Perfect Law of Numbers. We see this manifest in the formation of atoms as the tiny whirls of Ether are attracted and whirled into form and shape to manifest atoms, worlds, and suns. Each form, true to kind and species, ever working in harmony with Law and Order and Divine Guidance, the Father Principle of Life.

Each man and woman, and every form and shape of matter is like a tiny, colored glass prism which reflects to others this Light called Life. And in manifesting Life, it adds to the Divine Ray of Purest white, the vibrating color of its own living rate of whirling life which is its conception of the Truth.

As man works in harmony with Nature's Laws and More Abundant Life, to manifest Love, Light, and Beauty; as he becomes as pure, transparent crystal which reflects and vibrates in harmony with the Higher Conception of Truth which are the higher vibrating forces of Divine Light which manifest to form the more perfect ideals of Health, Wealth, and Happiness to Man.

When you realize that your body is but the sum-total of your constructive and destructive thoughts, crystallized into shape and form, you can then decide for yourself whether you are living in harmony with Nature's Laws and More Abundant Life or not.

Sit down in front of a good-sized looking-glass and look at yourself, and decide if you are a reflection of that Perfection according to your conception of the Truth.

Your amount of manifested Health, Wealth, and Happiness also shows whether you are

living in Harmony with Divine Guidance or not. For Man attracts to himself, and vibrates in harmony with the Constructive, or destructive thoughts he reflects to others in his daily life.

God does not punish or reward man. Man simply lives in harmony or out of harmony with Nature's Laws and More Abundant Life.

You cannot breathe or think, or taste, or feel, or hear, or see, or smell, or move, or record anything in Life without using the Life Force in Life within you; to record these sensations of Vibrating Life.

And if you are a dirty, dull, dimmed crystal, with hardly any Divine Light called Life reflected through you because of your desire to manifest only imperfection or destructive thoughts of hate and greed, anger, jealousy, doubt and fear—all out of harmony with More Abundant Life and Divine Guidance, then you are like a run-down storage battery, and your mental vision is certain to be dimmed, and your senses dulled.

You must clear your crystal prism of these destructive forces of less abundant Life, if you are to manifest within and around you the higher vitality; forces of a more perfect conception of the Truth which to you will become Health, Wealth, and Happiness.

There is no limit to the supply of More Abundant Life and Light. It is only man's misconception of the Truth that causes him to limit his vision of the Wonder Forces of Nature, ever anxious to bring into existence more perfect forms of Love, Light, and Beauty—Health, Wealth, and Happiness.

You alone can decide how much or how little of this Divine Sunshine of Radiant Life and Love you shall reflect.

If you are sick and poor, and full of doubt and fear, it shows that you are out of tune with the Infinite—Divine Harmony, and that you are not recording Wisdom, Understanding, and Love as you should record and vibrate in harmony with these constructive forces in Nature, if you are to manifest, Health, Wealth, and Happiness.

You have not asked the Divine Source of Light, and Love, to guide you by your Inner Voice, but you have been working out of harmony with Nature's Laws to manifest your own destructive desires, fears, of imperfection of the Truth.

You have become a slave to your own destructive thoughts.

Now, if Wealth, Happiness, and Health are the three things you desire most in your daily life—and they are—then you must so direct your thoughts that you will reflect these conditions of *Health, Wealth, and Happiness*, to others.

For only by reflecting and giving these constructive thoughts to others can you make and hold conditions of More Abundant Life to yourself.

The repeating of affirmations of High Vibrating Conceptions of Love and Light and Truth help to advance your own whirling Life Rate, but the actual doing of good deeds, and the conscious formation of high thought forms, of More Abundant Life for others, and by this means reflecting Divine Light constructively through you, is much more important to your advancement than the mere repeating of affirmations.

If you try to be good, you will be bad, for you have set up the opposite to that which you desire to fight against you.

"Just BE good"—(And do it). That is the key to advancement.

Ask for Divine Guidance and when you have received this Wisdom from the Voice Within, obey the impulse and do as directed.

Now, do you realize what this Light Called Life can do for you?

Do you realize how important it is that you work in harmony with More Abundant Life and Nature's Laws, if you are to bring into existence around and within you the three things you desire most in life—Wealth, Happiness, and Health?

This Law is Positive, accurate, and certain, and the results are sure, and must be as you Will they shall be, if you will but learn to work in harmony with Divine Guidance and reflect Divine Wisdom and Understanding in tune with the *Health, Wealth, and Happiness*, you desire.

Now is the time; where you are is the place, and the Radiant Light called Life is the Force that will attract and give you those things whatsoever you desire.

Try this out consistently, working in harmony with the Law for the next two've months, and see how startling the results will be.

(In next month's Nautilus read: "The Healing Power of the Spoken Word.")

The Essential Purpose of Self-Suggestion

By Sheldon Leavitt, M. D.

I HAD BEEN in the New Psychology a long time before learning what constitutes the essence of helpfulness which the practice of affirmation and autosuggestion supplies.

In the early years of my practice of the new-cure methods I was continually under the necessity of making what was tantamount to an apology for asking my patients to indulge me to the point of their telling "white lies" for the sake of getting good results. Many patients questioned the essential honesty of one declaring that he is well, strong, happy and prosperous when in fact he was not. And in the case of unfaithful subjects whose half-hearted attempts to get well met with failure, as such efforts always do, the alibi which was set up in explanation of failure found a show of weight in the self-deception which they had been instructed to offer. No wonder they failed in an attempt to "bunco" themselves; that was their line of reasoning.

I fancy that few of the many who are now following self-suggestion methods have a clear comprehension of the significance of the modus of self-treatment involved.

In extenuation of what to many looks like an offense against both honesty and good sense when one affirms a state which plainly does not exist, the conditions established by Jesus for getting what one wants, in the memorable words, "Believe that ye have them and ye shall receive them," are wisely quoted. But it should be understood that Jesus here cites one to the great law of cure resting upon a faith which makes healing an act of belief in the existence of a condition not then in sensory evidence. There are many weak souls who aver their inability to believe that a state truly exists unless its existence can first be demonstrated. It is all well enough to say that it does *potentially* exist. Many a doubting Thomas is found in the ranks of suffering humanity.

Now I want to tell you that there is a deeper significance to affirmation and self-suggestion than at first appears. Kindly listen while I tell you of it.

Here is it:

The great creative factor at work in all constructive or reconstructive action is found

in what are called "states of consciousness." The development within you of a consciousness of health is what by an immutable law becomes health.

In the same way a consciousness of happiness and prosperity becomes, by virtue of such creative action, real happiness and prosperity.

Accordingly when Jesus conditioned the possession of the thing desired upon belief in its present existence, he meant merely that a state of consciousness is not only desirable in the getting of what we want, but *that such a state really and truly creates the very thing we crave.*

Therefore, in conclusion let me say that the purpose of all affirmation and autosuggestion is to build up in the mind that state of consciousness upon which, and by virtue of which, alone, the thing itself comes into existence.

And it follows that whenever we seek anything, all the forces at our command should be concentrated on a purpose to establish in us a consciousness, or feeling, we may say, of that thing. When this is done—persistently and perseveringly done—the things we desire soon come tripping into sensory recognition.

All this in a word means that we create what we want by establishing a "consciousness" of it; and a state of consciousness can best be established by means of oft-iterated affirmations and suggestions.

The practice of affirmation is the practice of idealism. It is the adoption of a creative method by building in the mind ideals of the things we want. But imagination seems well nigh impossible to some people. For such, a statement in words of the thing desired is only another way of creating the ideal. It is an effective substitute for the image itself. *It is an image expressed in words.*

Guard your consciousness as you would your life, for everything that comes to you in life must come through your consciousness. Don't allow anything opposed to your ideals—to the things you want to realize in your life—to obtain lodgment in your mind. If you want health, hold the health conscious-

ness; if you want prosperity, hold the prosperity consciousness; if you would be happy, hold the consciousness of happiness. In other words, whatever ideals you wish to realize, whatever qualities you wish to dominate your

life, hold the consciousness of these things in mind, for this is the doorway to all attainment. This is the only way to make them yours. Your *consciousness* is the sum of everything you are, or can be, or can achieve.

The Thinking Type Child

By Wilfrid Lay, Ph. D.

Chapter II of A Series on Child Psychology

IN HIS book *Psychological Types* C. G. Jung of Zurich, one of the foremost of living psychologists, has given a careful explanation of the nature and mode of operation of the four functions of the mind, and of the two essential attitudes of the psyche toward the world of external reality.

The four functions, each one illustrated in these chapters by a child that has that function capable of easier and quicker development than the others, are, in childhood especially, subject to influences of people who may or may not show the same function type development.

A parallel might be drawn from animal nature. Thus, most insects do better in the air than in the water, only a few having adapted themselves to an aquatic life. In the same way a thinking type child fares better in an environment where there is at least one thinking type person to understand him.

Most fish are unable to emerge from the water. Similarly a feeling type child fares better in a feeling type environment, but ill in a thinking type environment.

Terrestrial animals are chary of their entrances into water or air. The sensation type child is as uncomfortable in an environment, in which any one of the other three functions predominates, as a rabbit is in the water or in the air.

There are thus twelve types of misunderstood children, foreign psychologically to one or both parents. These chapters are written to show how each one of these children might be better understood, if the parents realized the essential psychological difference between them and their child.

That is, a sensation type child is misun-

derstood in a family in which either intuition, thinking, or feeling is the ruling function, just as an insect is in perilous circumstances, if it falls into the water.

And how many parents realize that, over and above this difference in function, as between intuition and sensation, for example, there is a still greater difference, psychologically, between any adult and any child?

Mentally there is as much as the difference (in shape, motions, kind of food consumed, etc.) between a caterpillar and a butterfly.

The human child has the misfortune of looking like a small-sized adult, and is dressed like a grown-up, as soon as possible, and being required by adults in authority to act like an adult as far as possible.

But actions are governed by mind. Each individual's actions should be governed by his own mind and not by others'. Any child, forced to conform externally to adult standards, is too frequently squeezed into a mold which wrenches every one of his psychic organs.

It is to help some parents to avoid this wrenching of their children that these chapters are written. Progressive education aims to avoid this twisting, and to let the child remain, during childhood's years, a child, so that, having had a perfect childhood, he will develop into a perfect adult, as it is reasonable to suppose a well-fed caterpillar will make a better butterfly. Few people know how similar is the case with children.

From the point of view of the Jungian psychology, one of the four functions, for example thinking, is likely to be more easily developed in any particular child, than any

one of the other three functions. Thus in the same family there may be a natural born thinking type child, and a feeling type child. If, however, both parents are of the feeling type, this feeling type child will be understood and sympathetically treated by both, while the thinking type child will be misunderstood.

And as it is the almost universal tendency of such parents as are without sufficient reverence for childhood, as a condition designedly different from adulthood, to attempt to force their own habits of mind upon their children, consciously and unconsciously at the same time, it results that a helping hand is given by these two feeling type parents to their feeling type child, and unconsciously of course, formidable obstructions are put in the way of the thinking type child.

Frequently a thus obstructed child becomes rebellious. In adult and child alike there is an essential difference between thinking and feeling. The person who thinks logically to ultimate conclusions is as likely as not to become a pessimist in later life, believing that this is the worst of all possible worlds, and that the optimism of the feeling type person is shallow and contrary to reason.

Thus the thinking type child in the feeling type parental environment necessarily makes cruel and cutting remarks, is apt to be an *enfant terrible* with his impersonal logic, and to say things, and particularly to ask questions, that are painfully embarrassing to the parents. Nothing could be clearer than the direct thinking of a child, in its early days before the fear of hurting other people's feelings is instilled into it by the people whose feelings are hurt. And nothing can hurt feelings more than a purely rational thinking process, with which the thinking type child is endowed.

Backed by a good perception based on sound sense organs vividly registering the external world, the boy who can naturally think straight and without effort is likely to become hard and cynical, especially towards his parents, whom he knows better than he does other people and better than other people know these parents. Inconsistencies in thought and behavior are clearly perceived by such a boy and his naturally orderly thinking process has a contempt for inconsistency.

Inconsistency spoils his picture. He sees it most clearly in parents and teachers; and his superiority in that particular has the effect of making the parents and teachers uncon-

sciously try to be consistent—a difficult, if not impossible, task for people of a feeling type.

Thus it is that the thinking type child gets along well with a thinking type parent or teacher; but if the parents and teachers both are feeling types, the child is misunderstood both at home and at school, and likely to be disobedient in both places.

The word obedience is derived from the Latin word AUDIO (to *hear* or *listen*). One has to speak the same language in order to be listened to. Frequently a thinking type child and feeling type parent cannot speak the same language.

Obedience in many children—compliance of all sorts—is largely an expression of the feeling function. "Do it for me," says the feeling type parent or teacher, implying "I will feel good toward you, if you do, and we'll both feel badly, if you don't."

This may make a successful appeal to a feeling type child, but its effect is quite lost on a thinking type child. He cannot see what feelings, particularly those of anyone else, have got to do with his acting one way or another. Generally what feeling he *has* has not been trained, because there is no specific formal training for the feelings given in any regular way in any school. In public schools a rudimentary patriotism is instilled, drop by drop, through the most mechanical and often perfunctory, sometimes even cynical, exercises in an auditorium or class room.

Family feeling used to be trained in old-fashioned families where all met at meals and respect for parents and fair play for each other were in the air, emanating from the parents. Religious feeling is attempted in some schools and in a few families; but, compared with the intensive training given the purely intellectual function of thinking in any and every academic institution in the land, it may be safely said that, of the two equally valuable functions, feeling and thinking, the former is entirely cut out of any scheme of formal training, and emphasis placed solely on the latter.

So that the thinking type child will in general find a more favorable environment particularly in a "good" school, where scholarship is placed above everything else. But I have here supposed him to have been born into a family where the parents have feeling more developed than thinking—a situation which is occasionally extremely unfortunate for the child, just as the reverse case, where a feeling type child has thinking type parents.

It happens, too, that the thinking type child has a feeling type mother and a thinking type father. In this case the mother does not understand the child as well as the father does. But in most children's lives, the mother is the sole significant companion up to the time the child leaves home.

The mother of a thinking type boy may idolize him for his cleverness, yet being progressively more and more hurt by her idol's unfeeling remarks and actions. The thinking type boy, going to a "good" school, will have his contempt for the inconsistency of his mother much accentuated. Her softness, mushiness and sentimentality, her appeal to his feelings, which, through arithmetic, history, Latin, geometry and most of the other subjects of the academic curriculum, are gradually being trained out of him, all her feeling type reactions to the environment, make him regard her ways of thinking, her notions, as extremely inferior. What he regards as superior is the quick, mechanical thought processes of his teachers, and of the intellectual heroes he has become acquainted with through them.

(Next month Mr. Lay will discuss "The Intuitive Type Child.")

The attitude of the feeling type parent toward the thinking type child should be one of tolerance for his undeveloped feelings and for his overdeveloped thinking as well; but should include a realization of the equal claim of feeling and thinking as modes of reacting to the world.

The mother could very well say to the son: "Your intellectual training is *fine* and will enable you to make satisfactory progress along material lines, and later it will be possible for you better to comprehend spiritual things, by means of your intellectual attainments. But Feeling is quite as important a function as Thinking. There are life problems one cannot think out. For their solution you will have to accept Feeling. There are, too, problems that cannot be solved by Feeling, questions that have to be laboriously thought out. You can help me with these. Possibly I can help you with the others. At any rate let your Thinking recognize and respect my Feeling, and I will try to act the same toward you."

Human Relations

By Rev. George C. Golden

Lesson XII on How the Truth Heals

SHOULD the reader, in his honest weighing of this policy, be inclined to fear that the application of this axiom of ownership is in danger of cultivating either the spirit of crime or anarchy, I would ask him to learn a lesson from the motor-highway.

Have you observed the general difference in the personnel of the careless and the careful motorists? It is the rattle-brained youth, owning no property of his own and ignorant of all real culture, who, having paid twenty-five dollars for some wreck at an auction, gets his thrill by clipping fenders and peeving the traffic cop. The man who owns a good car, who lives in a house of his own and who has built up a reputation among his fellow men for responsibility is the courteous fellow-traveller.

The word ownership signifies both permanence and security.

The former impresses on your consciousness that if you take the idea that you are a fly-by-night chap, a sort of romantic picaroon sauntering through the twentieth century, you are becoming no better acquainted with your world than is the American tourist who did the Louvre in ten minutes.

I know the tramp reads very fascinating in literature, the soldier of fortune is a picturesque figure encountered in novels and on the stage, where we immediately give him our hearts; and the Robin Hoods seem to us to have attained the art of eating their cake and having it too. I am afraid, however, that if one of these roles were our genuine fate, we'd be sending up all kinds of howls to the dumb

heavens. From experience I can say that a deliberate cultivating of these types, with the idea of examining their philosophies to see wherein they had discovered the secret of happy living, left me poorer in material possessions and richer only in familiarity with my own keyring.

The logical application of this policy commends, where at all feasible, the legal owning of as much property as one can use. More especially does this apply to real estate.

"I have to pay seventy-five dollars a month in rent," wailed a man.

"Why do it?" I casually enquired. "Why put yourself to that unnecessary expense?"

"Because I've found no one who will give me the use of his house as a gift," he snapped.

"Why not be an investor," I advised. "Well selected property will always increase as long as cities continue to grow. It takes just a small deposit and possibly no more in monthly payments than your rent. Should you decide to move, you will have a reasonable expectation of getting it all back with the increased value of your property."

"Furthermore," I continued, "it will give you an opportunity to create money in your spare time as well as to exercise your own talent for originality. The stamp of a cultured personality is what makes a home attractive and property desirable. The standardized residences, bearing only the marks of an architect's stereotyped plans, that are made by the hundreds, will never appeal to the discriminating buyer who has the ready cash. From an artistic, spiritual, physical and financial point of view, ownership in homes is an excellent policy."

He was amazed at what he called the "psychological results" of owning a home. He was respected in his club because he "owned his own place." He was more self-confident when he thought of himself as a landowner, for the hunger for the soil is a primary instinct. Furthermore, in designing conveniences for den and billiard room, in planning his garage and building a pergola, for the first time in many years he was able to lock up his business problems in his desk when he left the office. He has increased his efficiency a hundred per cent and his enjoyment of living many times that.

The sense of security, coming from the application of the axiom of ownership, is as beneficial as the mood of insecurity is poisonous. This sense has a direct bearing on both health and efficiency.

I was once treating a practitioner, a member of a church organization whose main tenet is spiritual healing. She had come to me because, by her own work, she had been unable to eradicate a "claim" of eczema.

"I simply must get rid of this trouble," she declared. "It will never do for my patients to see me with my face in this condition."

"We practitioners have a perfect right," I told her, "to have all the colds, coughs, boils and sore throats that we wish. The non-practitioner has no monopoly on these ideas and the worldly people have no corner on disease."

"What do you mean by that?" she asked.

"Simply to enable you to realize that if you laugh at these manifestations instead of resisting them, you may learn that they no more change you than a blond is made a brunette if she happens to stand under the shade of a tree. Their possession or non-possession is insignificant. If you have them, you have nothing. If you are free of them, you are still free of—nothing."

"What does enter into the case, however, is the fact that you have, that you own, a student. There is no law, excepting the foolish one that you have made in your own mind, that says when eczema comes in the window, your patients go out the door."

"The trouble with you is that you fear you are going to lose your student and your fear dramatizes itself in the blotches on your face that scream danger to you every time you look in the mirror to see if they are improving. Forget them. Assume that you have your students even if you had all the eczema in the world. Dare it to come. Laugh at it and at yourself for being afraid of it. Put your treatment on the inexpressible privilege you enjoy as a teacher, on the joy of being the bearer of good tidings, the announcer of the truth of mental creation, the savant of intelligence and the genuine friend of your student."

It is this same fear of not being able "to hold" that gives us practitioners most of our patients. The wife is afraid that she cannot hold her husband and so she develops the role of an invalid to see if a sick woman is more appealing. The merchant is afraid that he cannot hold his trade so he develops a disease in order to explain to his friends why his business is "falling off." The public speaker, fearing he is not able to compete with the more youthful orator, gives "clergyman's sore throat" as his reason for withdrawing from

public work. The newspaper reporter, scared by the pull that the cub has with the editor, is quite proud of his "writer's cramp" because it allows him, as our Japanese friends say, to "save his face."

Psychoanalysis tells us that these troubles are developed because we are afraid to face reality. We are defeated and do not want to acknowledge our Waterloo.

Metaphysics informs us that the real cause is that we fail to recognize our ownership of our own world and therefore do not spontaneously and unselfconsciously, continue to draw from the infinite resources of the unconscious in us.

New glimpses of ownership are dawning on you, are they not? You are seeing that ownership is akin to the relation of a father to a child, a savant to his disciples, a master to his students, a lord to his retainers and a king to his subjects.

Have you noticed that in all sacred writings, the kingdom of the unconscious is described in terms of a monarchy, never of a democracy? In our romantic literature, which is the expression of the unconscious, the terms of a republic seem almost ill-fitted while the titles of an empire seem most natural. We may call our aviators kings, tzars, aces, monarchs, but no one ever thinks of terming them senators, representatives or even presidents. A good friend is a "prince" of a good fellow. A man who controls the potato market is a potato "king." I think there is a deeper reason for this than mere tradition. In these terms of monarchy, I see the soul reaching

out to express a permanent, spiritual relationship it learned in the early days when the monarch was in very deed a personal, intimate father to all his subjects.

"When I sing," an opera star told me in my office, "I don't see people in front of me. I don't behold a lot of critics."

"Good—so far," I commented. "What do you conceive your audience to be?"

She rolled her eyes up to the ceiling and looking through an infinite number of buildings, hotels, apartment houses, bays and oceans into the great Unknown, she murmured:

"I see before me only rows and rows of pumpkins."

As her pumpkins had no market or metaphysical value, I felt no compunction in destroying the whole carload of them and I filled the orchestra stalls and balcony and even the "nigger heaven" with adoring subjects who came to hear the queen sing,—subjects that belonged to her infinite empire of song from time immemorial, subjects who had anticipated her advent with joy and who were appreciative (not critical) of every new interpretation she could give to the message of the masters.

The same atmosphere of human relationship can be introduced into any line, no matter whether it be profession or trade, business or domestic. They who work from this principle find that life does not wear them out but they are like the Knight motors—"they improve with use."

Mirth

By Edgar Daniel Kramer

I AM laughing, for the night
Leaves me with the dawning's light,
For the winter winds that fling
Through dead gardens flee from Spring,
And the sweetest joys I know
Come when bitter sorrows go.

Heaven is Here and Now

By Myrtis Hodges

This is Article IV on "The Fourth Dimension is Here and Now"

HAVE YOU ever read that story of Mark Twain's about the old Sea Captain who died and went to heaven? He got all that he had ever wanted when he got to heaven and he found that he did not want much that he thought that he wanted! And the story runs that when the Captain KNEW that he was through with that "want" it just dropped out of his life! One thing that he thought that he wanted were wonderful big white wings—of course all angels had wings!—but he found them very cumbersome to drag around and they trailed on the ground and they got in the way and finally he KNEW that he did not want wings! And so they were laid on a shelf! Mark Twain had a marvelous sense of humor and humor is wonderful help in walking through experience! A smile! A bit of fun! A joke and the day is joyous with laughter and God. We feel good; we feel happy; we feel God. There are plenty of jokes that are good, clean fun and happiness is the expression of life.

I smile as I think of Job with all his fears. What an "eye-opener" he must have had when he got to heaven! Job was so sure, even though he knew that "even in the midst of hell, Thou art with me, O Lord" that his fears would "come upon him"! Surely if he knew that the Lord was with him, his fears would be wiped out of existence and that he could and would rise above his fears! Discard your fears! YOU are all that there is and those old past fears have no power or authority over you. There is just ONE POWER AND AUTHORITY AND THAT IS GOD. GOD IS THE ONE AND ONLY POWER AND PRESENCE. Fear is not an entity. YOU ARE THE ONE AND ONLY BEING, ONE WITH GOD FOR THERE IS BUT ONE.—One spirit, one power, one being, one life, and that is GOD. This instruction is given that you may be lifted into the knowledge of the truth of being so that you will know that you are the one and only being, equal with that which was manifested by Jesus Christ; one with infinity, complete, in-

divisible, without beginning and without end, birthless, and deathless and ageless, free with the freedom of the spirit, not subject to bondage, evil or pain. This is the illumined viewpoint. There is only one thing of value and that is the eternal truth. Sometimes we are taught the power of mind but I consider that Being is the one and only power,—that mind is the "shop of demonstration"! Truth is the only thing that is of value to us. When we know the truth, we have all things in our conscious self-possession. When we give mind the power and so seem to ensubstantiate the thought-picture of mind, we are giving value—power,—to mind instead of to spirit, I AM, the SELF. There is no value, no reality, no eternity to all the old thought-pictures of sickness, limitation, unhappiness or disorder of any kind or condition for ONLY THE GOOD IS TRUE. GOD IS THE ONLY REALITY.

What is the difference between the thought-picture of health and strength, of love and freedom, of unlimited supply in all ways, and the thought-picture of sickness, disease and disorder, sorrow and unhappiness, poverty and weakness. What IS the difference? Just this: One is Truth and the other never was the truth and never can be the truth for truth is Reality, eternal;—it persists forever, it was in the beginning and it is now. We KNOW that there is no reality to lack of any sort or condition. Nevertheless both are thought-pictures in mind but the picture of the truth is sanctioned and ensubstantiated by the truth while the other has no substance or authority given it. The thought-picture of sickness, disease and disorder has no power in it. It is not good. We seem to give it power by our own ideas and fears,—our limited viewpoint of man as separated from God, the truth, but in our fourth dimensional reasoning and understanding, we know that man is never separated from God (no matter WHAT he thinks!) There is no more power or value or use in sickness, disease or limitations of any sort than there is value, use or power in a piece of bogus money. The

moment the bogus money is discovered, seen, we know that we do not want it and that it is of no use or value. It is just nothing at all but a piece of metal or paper—totally valueless. **IT IS NOT SANCTIONED BY AUTHORITY—BY TRUTH.**

So, in the fourth dimension, we put the power where it belongs—we give ourselves to GOD. GOD IS ALL THERE IS. So we know that health and wealth, love and power belong to the son of man who is the son of God who is one with the Father and we know the Presence. We feel the glory. We see the glory. We realize that eternal strength

which surges through us. We know that God is all-power therefore that we are filled with power. God is our sufficient, permanent, never-failing strength, mightiness and power. His life is our life; His intelligence is our intelligence; His love is ours.

I AM THAT WHICH REVEALS THE ALMIGHTY GOD, OMNIPOTENCE AND INTELLIGENCE ITSELF. I AM THAT I AM. Those who abandon themselves to the TRUTH are backed by the Almighty Power of GOOD. Love never fails. Your success is sure!

How to Overcome Obsessive Fears of Seemingly Mysterious Origin

By Brown Landone

I DIFFER with psychologists who believe that all obsessive fears are due to childhood experiences or racial inheritance; and in answering Mr. Towne's request for an article on obsessive fears, I wrote him, "Without doubt most of our obsessive fears are due to long forgotten childhood experiences, but I myself am quite certain that in *some* cases, obsessive fears are due to memories carried over from a previous life."

Mr. Towne doubts this, and I am not asking him, you, or anybody to accept any such explanation. I merely present scraps of evidence out of many similar cases of which I have known, so that if some of your fears are not due to a babyhood cause, you will still know how to overcome them. I give but three cases and leave you to draw your own conclusion as to causes. And, no matter what your conclusion, the methods of overcoming such fears will free you of them, whether or not the explanation of the cause is correct or mistaken.

Case 1. Some thirty years ago I met a writer, already famous. Her articles were syndicated from New York to San Francisco. Often we were guests in the same home for weeks at a time, so I knew her very well. She was one of the sanest women I have ever met. But from her childhood, she had had a

fear of backing into water and being drowned. This fear never possessed her when she was at the oceanside. It came only at small lakes with trees somewhere near. And, I have seen her tremble and turn pale when she discovered that she had been standing with her back toward an old farm well.

She explained her fear by saying that it was due to girlhood dreams. Many a night she had dreamed of being in a wild wooded country at a spot where there was a very deep spring. In this spring—as she saw it in her dreams—there was a huge rock jutting out into its water from one side. In her dreams she saw herself, standing with a group of Red Indians with her back to the spring. In each dream she had stood with her back to the spring, had slipped backward into the spring, and had been left by the others to drown.

She explained that her fear was caused by these dreams.

But I wished to find out *what caused such dreams!*

Some years later we were spending a month with a group of friends in a camp on the shores of a wooded lake in Northern Wisconsin. Almost every day we took a tramp in the woods. On one of these tramps—when in a little vale, wild as nature had left it—I thought at first that this woman had gone

insane, for she threw up her hands and screamed, "This is the place, this is the place—I fell backward—they left me to drown!"

It seemed ridiculous. There was *no* spring there! It was soggy sandy ravine, pine trees nearby, and within 700 feet of the lake shore. But, knowing the story of her dreams, which the others of the party did not know, I humored her and kindly led her back to the camp. A'l the way back she kept asserting that *that* ravine was the place of her dreams. Of course, as a psychologist, I believed that her mind—having dreamed of such a place for years—had subconsciously created a necessity of imaging such a place as a real place.

But even the next morning she maintained her positive assertions. And, no matter how much I explained that there was no spring at that place, she declared that there *was* a spring there, and that she *had* fallen into it and been left to drown. And no matter how often I explained that her idea was a creation of her subconscious mind, invented by it to give some semblance of actuality to her dreams, she insisted that that *was* the place.

Another day passed and she continued to be so upset, that I thought it would be best to take her back to the spot and to *prove* to her that there was no spring there. So she and I with two young men friends of the camp, went back to that vale. We poked with sticks and dug around for a half hour here and there. Then she pointed to one spot, and said, "It's there." We dug at that point, and soon opened a hole into an old spring which was then running off underground toward the lake. Then she pointed to one side, and said, "You'll find the rock *there*," and we found it, even its shape exactly as she had described it. The spring was so deep we could not touch its bottom with any pole we could obtain in the woods.

Explain it as you wish! I do not know how to do so, other than to accept the idea that in some other life, she had experienced what she had dreamed. Certainly, in this life she had never before been to Northern Wisconsin.

And, after all, why try to explain it otherwise? Isn't it rather ridiculous for us to assert that there *is* eternal life, and then to wax hot with effort to prove that there is no experience of any other life which we can remember?

Case II. This case is that of a Dutch Administrator, born in Holland. He had never as a boy seen a tiger. Yet, the picture

of a tiger seen in a book would induce trembling and shaking. When he was nine his mother often found him backed up in a corner of a room with a stick in his hand, trembling and panting and fighting "to keep that tiger away."

A year or two later he hung a strong keghoop to the ceiling in one corner of his own room. His parents objected, but he plead with them to leave it, as the "only way I can get away from the tiger." Twice his mother—awakened at night by his screams—found him hanging to this hoop with one hand, his legs drawn up as high as he could pull them, and "fighting off a tiger" with the other hand.

I knew him first when he was twenty-two. At that time, he explained that his fear of tigers must be due to the mental picture he himself had built up in his own mind. He explained that he often saw himself in the corner of a strange room—not a closed room, but a room open on two sides, as though it were a sort of a stone porch built into the corner of a house, and always he saw himself hanging to a ring in the inner corner fighting off a tiger.

When he was twenty-four, he was appointed by the Dutch Government to service in Java, a long way from his native home—half way round the earth.

The first week after his arrival in Java he spent most of his time perspiring and being fanned, trying to become a little accustomed to the heat. And then the next week, brother administrators took him on short trips here and there so that he might obtain some idea of their surroundings and of the natives.

On one of these trips as they passed a part of the jungle in which were hidden some ruins of an old Hindu civilization almost forgotten in Java, the young man exclaimed, "There is a *solid* structure behind that jungle. It is of *stone*, and there is a room in it in which I used to play when a boy, hanging to a stone ring; once a tiger nearly got me!"

Then he turned pale and began to shake and tremble. Of course, the officials who were with him thought that the heat had affected him, and hurried him back to headquarters.

That night the young man wrote me and the theme of his letter was: "I must have help. That vision of childhood has become an *obsession*; I must be going insane. Today I pointed at a mere jungle and—not realizing what I said—told my superior officer that there was a stone building hidden in it somewhere, and that I used to play in it when I

was a boy. He thought it was the heat, but they will soon find out the truth if this keeps up, and I will be reported back and sent to an asylum. What can I do to be free of this craziness?"

Later I learned that a week after this experience the young man and a brother officer went to that place again, *found* the old ruins in the jungle, and that without any hesitation, the young man went directly to what was left of one section, open on two sides, in a corner of which there *was* a great hook near the ceiling, to which there still hung a huge stone ring.

The young man's imagination could have built up this mental picture of a corner room with a stone ring hung from the ceiling, but *what* led his mind to do so, and *why*—after traveling some 4,000 miles to a strange country—did he go through a jungle directly to a corner of an old ruin and find a stone ring exactly like that which he had for years pictured in his mind—a ruin which even officials who had been in Java for years knew nothing about at that time!

Case III. For more than forty years of my life, I never saw a beautiful girl of sixteen or seventeen, but that there came into my mind the ridiculous fear that someone was "going to throw her" into a very deep well.

I cannot remember just when this fear first came to me but I do remember the first incident. When I was about seven years old, a girl of about seventeen—a very beautiful girl—had come to our home for a visit. I sat across the table from her at lunch time, and *shivered* again and again—for repeatedly the strange thought "they are going to throw her down into a great deep well" kept coming to me. I would look across the table at her, as she and others gayly talked and laughed, and wondered what was the matter with me.

Later in life I began to think I saw visions of someone throwing such a beautiful girl into a great pit; and still later it was two men, dressed very meagerly.

Then about 1897 and 1898—I am not certain *which* winter it was—I found myself at my desk one night, working on a sketch—drawing radiating lines out from the center of a round room *in* a mountain, and then bending each line at an angle of 45 degrees at openings in an outer room, so that the lines would then extend straight out to line up with clear cut—mathematically cut—sides of rocks on mountain sides miles away. I felt as though I sat in an inner room, looking

out by mirrors to holes in the walls of an outer room, and then along lines of vision to certain stars.

As I realized what a strange thing I had drawn on paper, how subconsciously I had been working out directions—even mathematically in degrees of angles—I sat back in my chair in amazement. And quite unexpectedly, I found myself saying, "There will be little rain; the Rain God will demand that more than one maiden be thrown into the Sacred Well!"

About ten years *later*, in 1907, I met an official of the United Press in San Francisco. I knew him so well that we could discuss such matters confidentially; and I learned that his wife had had the same vision of this same place, seemingly *within* the top of a mountain, from which one could sight along lines determined by cut rocks on mountains in the distance to detect the time of the rising of the sun, the passing of the moon, and the position of stars. His wife had been so disturbed that spring (by the feelings which overcame her when she dreamed of looking through these apertures) that she had insisted that her husband get out of San Francisco. He, to humor her, left two days before the San Francisco earthquake.

But how does this link up with the old fear which I used to feel whenever I first saw a beautiful maiden of sixteen or seventeen—my fear that she would be thrown into a deep well?

About 35 years ago, a wealthy American went as consul to Yucatan. Later he purchased the Chichen Itza ruins. Still later exploration and excavation work was begun, but this was carefully guarded for a long time, so that for many years very few people knew of it. I never heard of what had been uncovered until some years after the San Francisco earthquake—at least 14 years *after* I had my first vision of that ancient observatory.

Then in 1924, the Carnegie Institution uncovered the Temple of the Warriors and in 1926 Tottan published his book giving diagrams of the inner and outer towers, of the Caracol—the observatory—showing the passageways and openings—the inner ones at angles of 45 degrees to the outer ones. It was not until 1925, that scientists at Harvard deciphered the calendar which showed that those old Mayans had a very exact knowledge of astronomy and that they conceived a most perfect calendar.

It was in this same city—in which the tower is located—that sacrifices were made to the Rain God, by throwing beautiful maidens into the Sacred Well!

Whether or not we agree on the cause of the obsessive fear in each of these cases, yet they do not seem to come from childhood experiences, and there *are* facts in each case which seem to indicate that the cause is due to some past incident in the continuity of eternal life.

(I am not writing this article so that you will write me—for frankly *I cannot find time to answer long letters about this subject*; I am writing only that you may know the truth and overcome such fears easily.)

The woman who was so tremblingly afraid—so terrified when standing with her back to a small lake, or even to a well—*was freed of her fear, as soon as she recognized that it had nothing whatever to do with this life!*

The young man who had suffered agony for twenty years *was completely free of his fear*, as soon as he recognized that it was something of long, long ago, and that there was *no tiger now* trying to attack him!

And in my own case, the shivering fear I had felt every time I saw a beautiful young girl—a fear like a symbol of her death—disappeared as soon as I realized that it was an old, old memory *which had nothing to do with the present*. Since realizing that truth I have never again felt that fear!

To free you of fears due to unusual emotional experiences in childhood (see my article in last month's *Nautilus*), two steps are necessary: (1) recognizing that such fears *are* "babyhood" stages of consciousness and that now you are a divine *man* or *woman*; and (2) a laughing emotional attitude which laughs at such babyhood fears, as you would laugh at the idea of still using a nursing bottle.

But, to free you of fears which seem to come from long, long ages ago, the emotional attitude is not so necessary. Mere recognition of the Truth that life *is* eternal and that things affecting you long ago can *not* affect you now, will free you. Instead of fearing,

be joyous that each such vague memory helps to prove that life is eternal. There's joy in that!

This spring I planted many a sunflower seed along the edge of a deep ravine. Each seed as it came from the package was conscious of its own life within, otherwise it could not have sprouted and grown.

When I put a seed down four inches in the earth, it may have thought that its life *in* the moist ground was all the life it would *ever* have. But the light of the sun pulled on it, and its sprout was pulled up *above* the ground; and then it may have imagined that it would never be more than one inch high, and that it would never have more than two leaves. But as weeks went by, it grew into a great stalk with many leaves. Yet it was the same life which was in the seed when it was underground.

Each leaf of such a plant is *one* manifestation of its life, but how foolish it would be for such a leaf to fear that someone would roll it up in a wad, and put it back into the moist earth, mererly because it had grown from a seed.

We do NOT live now to work out of conditions of the past. There is no *Karma* of punishment or limitation or restriction. Any *effort* to remember the past, turns you backward and hinders growth and attainment. If memories come, let them come; but remember that the past *is* past, otherwise we would not be here!

We live today *to advance!* There is but one life and no memory of past growth can cause fear now.

When you recognize that all life is one; that it is continuous, no matter how many forms it may use; and that the sunshine of God keeps pulling you forward in growth—then, no memory of growth in the past can cause fear.

Your soul is, has been, and will be forever! It never retreats; it always advances; and hence there is nothing of the past to fear.

For the present, there is the enjoyment of growth; for the future, the vision of eternal progress in manifesting God.

(In November *Nautilus* you will find a very interesting article, entitled "How to Make Auto-suggestion Effective.")

WHEN a man lives with God, his voice shall be as sweet as the murmur of the brook and the rustle of the corn.

—EMERSON

Tithing, An Unfailing Source of Supply

By Lillian Grace Copp

My Personal Experience Proves the Value of Tithing

SEVERAL months ago I heard a noted Theologian urge his congregation to adopt the tithe-law, as much for their own financial protection, as for the protection of their church-home. No matter what came or what went, each and every member was asked to give ten per cent of every dollar that came into his possession. There was to be a faithful accounting. Even the man with a large family and an accompanying small salary was urged to give it a fair and honest trial. The Divine ended his plea with the unforgettable words: "God will make the nine-tenths that are left, go farther than you possibly can make the ten-tenths go without His cooperation."

I do not know how it worked out in that particular church, but I am giving you a truthful account of what I learned by personal experience. To begin with I doubted if the minister were right. For time and time again I had tried tithing, only to give it up after a brief, unsatisfactory trial. Always after the first teeming month there would come a lean four weeks, when a penny gained such worth that it was caressed, and petted, and fondled before the final parting. Naturally or unnaturally I refused to take out even a fraction of the promised tithe, letting the experiment end right there. But that Sunday the clergyman had spoken with a convincing sincerity that determined me to give it a final trial.

The next day I wrote a check for a full ten per cent of my returns for the preceding week. There followed a banner month. Then along came its successor, giving me a total intake for thirty days of exactly EIGHT DOLLARS and NINETY-FIVE CENTS. Ordinarily I'd have resented even the suggestion of giving away a penny, husbanding the pitiful amount with jealous care. But instead of following my former course, I thought and studied until I understood the law of tithing. Tithing is NOT giving. It is simply paying back a fraction of what God in His infinite goodness has sent to us. I couldn't offer him a paltry ninety cents, so wrote a check for a dollar, wishing it were for ten. To my unbounded astonishment the next month made up for the lean returns of the month before. A great wave of gratitude enfolded me, and according as I had been prospered I gladly made returns.

So it has gone on from month to month, each one being a gain over the previous one, since the second one of the test. March was the best month financially I have had for a year. April already gives promise of being the most successful one I ever experienced. It is an infallible law that God increases and multiplies the portion left, when we honestly, trustingly, blithely pay our tithe. And we are enriched not only by the financial returns that He gives, but by the wonderful glorious knowledge of God's close and constant presence.

Black and White

By Vesta Wills Hancock

IT TAKES a little bit of rain to make us love
the sun
It takes a little bit of sadness to give a zest to
fun.
It takes a little bit of shadow to show the force
of light.
It takes a little bit of wrong to make us love the
right.
It takes a little bit of weeping to make a smile
seem gay.
It takes a little bit of sorrow to make us learn
to pray!

An Intelligence Test For Man And Beast

By Chester H. Struble



AS THE STORY was told to me: "When the Prophet Mohammed was alive, those in the Near-East prided themselves upon their horses.

"Intelligence was a leading requirement of their four-footed friends.

"For war purposes, only the most intelligent horses were used and they were all trained to follow the bugle.

"It chanced that the Prophet himself had a need for some very intelligent horses, so he went to a famous breeding farm to make personal selections.

"The horses he looked over were all pastured in a large field bordering on a river. The Prophet gave orders that the horses should be fenced off from the river. He let them go unwatered, until, after three days, their thirst became so great they could hardly stand.

"He then ordered the fence removed and the horses rushed in a body for the river.

"When they were just about to dash into the river to quench their thirst, a bugle was blown.

"All but ten of the horses disregarded the bugle call. The ten turned and answered the call of duty in spite of their great thirst.

"These ten horses were the start of The Prophet Breed," according to the story.

If, instead of horses, humans had been substituted in that experiment, I wonder how many would have followed the bugle?

Would you have answered the call of duty or gone on to drink?

You don't have to try it to know.

If you procrastinate, you don't hear the bugle.

If you do a job just well enough to get by and not the best you can, you don't hear the bugle.

If you work with an eye to the clock, you would never hear the bugle.

If you start a hundred things and give up to discouragement a hundred times, then you would rather drink than answer duty's call.

It's the little things half done that have completely undone so many lives. You cannot rise to great emergencies, if you fall before small ones.

A Lincoln can go long unnoticed because of small opportunities, but you will find no imperfections in his handling of the unimportant opportunities he has.

It's not what you do, but how you do it that builds character.

Opportunity does not make the difference between being your own man and being an owned man. The automobile did not make Henry Ford; Henry Ford made the automobile. Had he been born a thousand years ago, he would have been rich and great in that distant day just as he is today.

Ford was once a poor man, but never a poor workman. Others may have doubted him, but he did not doubt himself. It may sound ridiculous, but it is true that he became a 100 per cent finisher before he became a 10 per cent starter.

Mr. Ford not only heard the bugle, but he followed it as will all of the Prophet Breed. As long as they can stand they will strive to answer the bugle call, and when they fall, it is always toward the bugle.



Views and Reviews by William E Towne



IMAGINATION AS AN AID TO SUCCESS IN WORK OR BUSINESS.

IMAGINATION is not only the greatest factor in doing one's work well, it is also the greatest factor in making work enjoyable. Imagination releases creative energy. Through directed imagination new and more successful methods of work are created and more productive results secured.

As an example of just how imagination works in business, consider the case of Henry Ford. When the automobile industry was in its infancy, Mr. Ford conceived the idea of a motor car that would be practical and efficient and yet so constructed that it could be sold at a price to put it within the reach of the day laborer, the farmer, the office worker and school teacher. But his imagination, his creative faculty, did not stop working with this accomplishment. He also pictured new ways of organizing the manufacturing of cars which increased the possibilities of mass production. He idealized every factor that entered into the making and selling of cars in large quantities, until the highways of the world were crowded with his product and his achievement was the most outstanding feature of the automobile industry.

If we consider what was the greatest single personal factor in his success, we conclude that it was the use he made of his imagination—his power to visualize from the concrete to the abstract. He took *what was* as a basis for his thinking and visualized *what could be*.

The same procedure is employed in all successful thinking. If a manual worker, for instance, desired to think out a successful plan by which he could earn more money, his thought process would proceed like this: My work includes such and such activities. How are these activities related to the business as a whole? Wherein could my work be improved so as to make it more efficient, more productive, or better coordinated with the business, or how could I extend the field of my work, what duties that are not very

important could I drop and what other duties that are more important and more productive could I take on, with resulting advantage to the business as a whole?

Or if a small shopkeeper found himself losing ground and wanted to think out a method of securing more trade, his thought process, if successful in its action, would run somewhat like this: I sell such and such goods to such and such classes of people. What can I add to my stock that will appeal to the people within the radius of my store? What can I offer as a leader—something very different from what others offer or something better or cheaper than others offer—that will attract more customers to my store? Or in what way can I improve the quality of my service to my customers? (Always start with a review of the concrete facts relating to your problem and then, through the imagination, reach out to the abstract and formulate a new synthesis—a new plan of action—that gives promise of being more effective than former plans.)

This process is clearly illustrated in an incident related by Brown Landone in his book, "Desires and Ideals." A poor widow owned a small delicatessen store in Chicago. A big chain store across the street was taking all her trade and she was on the point of failure. I will quote Mr. Landone's own description of how this condition was met and the basis of success laid in the presence of seemingly overwhelming competition:

"How we went about it: We idealized (1) those to whom she could sell, (2) the business itself, and (3) the woman.

"Visualizing the people of the community was a simple matter. All were mediumly well-to-do; most families had two or more maids; they entertained often at their homes—dinner parties and evening affairs.

"But what could this woman sell to them which the other store could not supply?

"Idealizing the Business: The woman told me the greatest profit was made in handling bakery goods. The big bakeries of the city



VIEWS and REVIEWS by WILLIAM E. TOWNE



delivered goods each morning and took back what was left unsold of the day before. In this line there was no waste, and no loss.

"Moreover, the profit on the amount invested was made *daily*. If the woman invested ten dollars in canned goods, it might be a month before all were sold; if she made a ten per cent profit she made but ten per cent on ten dollars *in a month*.

"But with bakery goods, if she invested ten dollars in the morning and sold the goods during the day at ten per cent profit, she made ten per cent on ten dollars *in one day*.

"Evidently in this case bakery goods was to be the leader; but how could this little woman make her bakery goods lead over the goods of the other store, when both of them could buy from the same bakeries; and the other store had more money than she, and hence could buy better and more extensive supplies than she could?

"*Idealizing the Woman*: All the time she talked, I had a feeling of conflicting ideas in my mind about her. These remained indefinite until it flashed upon me that, although her name was Mrs. Hansen (Scandinavian), she spoke with a *Scotch* accent.

"*The New Thought*: Scotch—Scotland—Scotch tarts—those delicious uncovered fruit pies—two-and-a-half and three inches deep—and as big as a dinner plate—Scotch tarts, which only Scotch and English women know how to make.

"'Are you Scotch?' I asked.

"'Yes,' she replied, evidently surprised.

"'Can you make Scotch tarts?'

"'Yes; at least I used to.'

"'Then go down in my kitchen and make one; order anything you think necessary, but make the best one you know how to make.'

"That night I tasted a tart equal to any I had ever eaten; and the next morning she started the pie industry.

"I sent a note out to a few acquaintances,

telling them the old pagan gods on Mount Olympus would still be contentedly happy, even if nectar were taken from them, providing they could get real Scotch tarts; also that I had found a Scotch woman who could make just such tarts, and that these delicious desserts could be secured in Chicago; and I also added that they'd be wise to send their maids early in the morning with an order to Mrs. Hansen.

"*The Success*: The first day she made a dozen pies and sold every one of them. At a good price, too—for these were no dollar pies—these pies were pies—apple tart three inches deep—with gooseberry sauce—to be served with whipped cream—they were worth much as pies, but much more as distinctive desserts not procurable elsewhere.

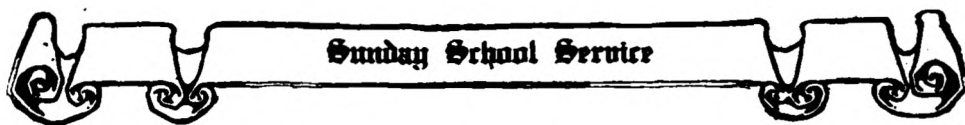
"Of course the pie business grew and grew. Moreover, as families bought their tarts of Mrs. Hansen, their maids also ordered other things at the same time. The idealized leader became the actual leader of group after group of other goods sold from the shelves of her store."

It is obvious that the success of one's thought process in such a case as Mr. Landone describes depends upon the clearness with which the basic facts are marshalled and analyzed and the practical use and direction of the imagination—the creative faculty—in uncovering a connecting link between the present condition and new methods of procedure that will insure more productive results—that will reveal a new synthesis—a new truth. In the case described by Mr. Landone the new truth revealed was the special talent of the Scotch woman for making Scotch tarts, for which there was ready and waiting a host of customers willing to buy the product at a good price.

THIS NEW TRUTH (new to the persons concerned) WAS REVEALED THROUGH THE USE OF IMAGINATION.

BECAUSE having look'd at the objects of the universe, I find there is no one nor any particle of one but has reference to the soul.

—WHITMAN.



International Sunday School Lessons

Interpreted for Ministers, Teachers, Students and Others who Study the International Bible Lessons

Class Work Conducted by Rev. GEORGE C. GOLDEN

October 14. SPIRITUAL GIFTS or COSMIC PHENOMENA. 1 Cor. 12 to 14.

Bible Readings: 1 Cor. 12 to 14, 1 John 4.

GOLDEN TEXT: *Now abideth faith, hope, love, these three and the greatest of these is love.* 1 Cor. 13, 13.

NEW THOUGHT GOLDEN TEXT: *I have compared thee, O my love, to horses.* Cant. 1, 9.

TO LIVE is to love. We read our grasp of life by the measuring-stick of our emotional alertness. To live without love being the motif is to live a slave, but to let our Self select the path of its desire is to tread the highway of kings and to move among the hosts of men in all the glory of our uncrowned but patent royalty. Love is the teacher who leaves with his students the rare gift of understanding. Love is the god who bequeaths the gift of converting base metals into gold.

"The problem of love, in the contemporary way of looking at the world, is regarded as something given, as something already understood and known. Different systems contribute little that is enlightening to an understanding of love. So although in reality love is for us the same enigma as is death, yet for some strange reason we think about it less. We seem to have developed certain cut and dried standards in regard to an understanding of love and men thoughtlessly accept this or that standard.

"In reality love is a cosmic phenomenon, in which men, humanity, are merely accidents; a cosmic phenomenon which has nothing to do with either the lives or the souls of men, any more than because the sun is shining, by its light men may go about their little affairs and may utilize it for their own purposes. If men would only understand this, even with a part of their consciousness, a new world would open and to look on life from all our usual angles would become very strange.

"Our entire world revolves around love as its center. Love unfolds in a human trait of his which he never knew in himself."—*Ouspensky*.

To be able to express the love that we feel is a fine art. To make our actions, our tones, our carriages the symbol of that ethereal but potent element requires the detachment, the preparation and the vision of an artist. Every gesture becomes an accomplishment, every movement a study in grace, refinement and subtlety.

He who makes his life the symbol of a refined

love kindles that same power in the people he contacts. From him, as from the Master of old, there goes out a virtue that inspires, heals and transfigures.

We should prepare for the liberation of love as the dramatic artist trains herself to impart the message of the dramatist. The passion that brutalizes, betrays and kills has no more relation to love than have cheap licentious plays to inspiration. Behind real love is patience, forethought and the coercive will to regain for man his divine kingdom.

Silent Affirmation.

To live is to love and to be alive is to be emotionally alert.

October 21. CHRISTIAN STEWARDSHIP or THE PROGRAM OF PROSPERITY. 2 Cor. 8, 1, to 9, 15.

Bible Readings: 2 Cor. 8 and 9, Revelations 22.

GOLDEN TEXT: *First they gave their own selves to the Lord.* 2 Cor. 8, 5.

NEW THOUGHT GOLDEN TEXT: *There shall be no more curse.* Rev. 22, 3.

IT IS a peculiar trait of mortal mind that it shoves away with its own hand the very gift that it has been desiring.

The same principle has determined our attitude towards prosperity. We have been so loath to confess our love for the power and refinement and beauty that opulence makes possible that we have grown into a mental mood that slanders all wealth. We have misread the history of the Master into considering Him as poor as the proverbial church mouse and we have frequently looked upon the rich man as an individual who has sold his soul to the devil.

The impression, strangely enough, has crept abroad that the Christ was a man without property, wardrobe or influence. Still there are certain facts in His life that cannot be gainsaid. His household consisted at least of Himself, His mother and twelve disciples. A man today keeping up a home for fourteen individuals would have to have a larger income than charity's pence. In His teachings. He betrays a familiarity with the fashionable and suitable garments for various occasions; His parable of the wedding-feast where the guest was ejected simply because he did not wear a wedding-gown reveals a mind trained to participate in proper clothes for special

functions. He shows His familiarity and almost dependence upon the service of servants when He rebukes a host for not having given Him the courtesy of having His feet washed. From these and many more incidents we must conclude that a part of the Master's demonstration of the Life-Principle included the banishment of skimping poverty.

Therefore we are not surprised in this letter of St. Paul's to the church in Corinth that He gives, as a testimonial of the working of the Truth in Macedonia, that deep poverty changed into riches.

The Truth superimposes a desirable image for the undesirable, informing us that what we outline is reflected in the external world. A conception of ourselves as possessors of wealth is essential to enable us to enjoy the full benefits of the Truth as did the early followers.

Silent Affirmation.

The world is mine and the riches thereof.

October 28. PAUL'S LAST JOURNEY TO JERUSALEM or THE TALE OF ADVENTURE. Acts 20, 1 to 21, 17.

Bible Readings: Acts 20 and 21, St. John 10.

GOLDEN TEXT: *Remember the words of the Lord Jesus that He Himself said, It is more blessed to give than to receive.* Acts 20, 35.

NEW THOUGHT GOLDEN TEXT: *We spend our years as a tale that is told.* Psalms 90, 9.

ONE cannot read this address by St. Paul without recognizing that the Apostle was the creator of a very adventurous and diverting life.

The Psalmist reminds us that each life is simply a tale that is being told. A good story has interest, conviction and action. These characteristics are true of the life of him who is led by Truth into a revelation of himself and his powers.

Did you ever try to read a book that failed to hold your attention, that impressed you with the utter nonsense of the whole narrative and left you at the end as you were at the beginning?

We have the good sense to put down a novel that bores us but very few of us have the good judgment to reorganize our lives when they become as drab and colorless and meaningless as the despised volume.

Some people seem to cherish the illusion that to be bored is to live the required life. They justify themselves by pointing to the utter absence of evil in their mechanical trottings. But this is a very negative way to establish merit. A good life, like a good novel, must be fascinating, instructive and one that gets some place.

When the Divine Sarah was asked the secret of her life she replied that it lay in the fact that she was always interested. She didn't try to assume an interest that she did not feel but would discard the flat play to search for the drama with the flair.

Many of us are just "kidding" ourselves, telling ourselves that we are so interested in this and that. In the meantime, there is the great, adventurous and worthwhile project under our very nose, but we are staying away from it because we are afraid. Had we been Columbus, we would have been terrorized by the thought of the unnavigated sea, but doubtless we would have sublimely assured ourselves that we were just devoted to flowers. Had we been St. Paul, we would have been deterred from preaching the principles in which we believed because of the dangers of arousing fanatics and assured ourselves that cross-word puzzles satisfied the demands of our stalwart souls. The real life of the Spirit is a career spirited, aspiring, challenging and constructive.

Silent Affirmation.

My life has interest, conviction and purpose.

November 4. WORLD'S TEMPERANCE SUNDAY or COMPENSATION. Romans 13, 1-14.

Bible Readings: Romans 13, Psalm 15.

GOLDEN TEXT: *Love worketh no ill to his neighbor; love therefore is the fulfillment of the law.* Romans 13, 10.

NEW THOUGHT GOLDEN TEXT: *Be not overcome of evil but overcome evil with good.* Romans 12, 21.

INTEMPERANCE is lack of balance. We are living unbalanced lives when any occupation is assuming too large a proportion of our time and attention. This condition arises when a definite side of our life is inhibited.

The remedy for intemperance in any form is to discover the positive impulse that is being denied and deliberately make it active.

The psychologists have given as the reason for intemperance the fact that the individual seeks to forget. A man, for instance, afraid of his ambition, will drink to imagine himself a success. Thus, in a futile manner, he compensates himself for his own fear.

Metaphysics has a definite program in the substitution of some positive activity for any form of entertainment that is becoming unbalanced.

Compensation for the entertainment must be made. Simply to will to stop a bad habit is not sufficient.

A student discovered that he was puttering around all day in his office, taking three hours to do what he should have done in one. A determination to attend to business with despatch accomplished nothing until he promised himself a golf game when his desk was cleared. With this inducement ahead of him, he discovered his mind functioned with alertness and his ideas readily fell into the desired mould.

Silent Affirmation.

I obey every constructive impulse.

I ADORE that God by whom I think, without being able to comprehend HOW I think.

—VOLTAIRE.

Parents And Children

Helps [that
will bring



them closer
together

MRS. CARTER'S ANSWERS TO QUESTIONS

MRS. A. J. P.—That twelve year old son of yours is an example of what the "lack" of good, early training will do for a child. Many mothers still refuse to believe that it does not matter who takes care of a little child, when every educator knows that it is the very early years that are of the utmost importance. Your mother kept him for five years, a friend one year, and you had him at other times when you were not too ill.

Why do you suppose that he "covers his ears when you talk to him about God?" You MUST correct the child when he lies and steals, but DON'T drag the name of God into it. Give him a definite allowance for the week and teach him how to make it cover his expenditures. Having had so many different people to tell him what to do and what not to do, he has probably decided to do as he pleases. Under the circumstances, I should not let him try to sell the magazines. You must stop saying that "he is the hardest child one ever tried to manage," even if his teachers and others do say so. You are his mother, and you must take the place steadfastly as his guide. Be firm. When you give a command, see to it that it is carried out. No place

for sentiment, now. Praise all his good deeds. Refuse to nag and comment on his misdemeanors. Deny him certain privileges as punishment. And above all things, do not give away to emotional outbursts before the boy. You say that you are a Scientist, then you must believe that "All is infinite mind." Then affirm that "That Infinite Mind is in your son, renewing his mind and perfecting him in every way." USE the knowledge you have. Think of this as a privilege, not a burden.

To Inquirers—Please do not inclose stamps and ask for a personal letter at once. These answers are arranged for the magazine.

P. M.—It always grieves me to have mothers say that their children are just sliding through their studies without interest. Only one aim . . . just to get through. Perhaps the schools are to blame, priding themselves on the number of students graduated. But surely, your son is particularly interested in some of his studies. Find out what they are and encourage him by reading and talking along the same line. There is no use of telling him how much more fortunate he is than you were at his age. Youth cares for what youth is interested in. Ask your city librarian for books he will enjoy. Say nothing about them, but place them where the lad will see them.

Keep affirming for him that he is a splendid student, and that his great aim is for an education, rather than to get through school.

I. W. B.—If you care to write me a personal letter, I can give you a number of references to good writer's magazines, etc., that will help your daughter in the sale of her verses. But, my dear, from out of my own verse writing experience, I must tell you that from a financial standpoint, it does not pay. I would not discourage the girl in her efforts to write poetry, rather would I urge her to write what the Spirit gives her. But I belong to two big Writer's Clubs and am in touch with many verse writers, most of whom are giving away their verse, in order to get it before the public.

Since she has taken a business course, although she thinks that she is not "cut out for a business

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Questions Answered

On Child Problems

We have arranged with Mrs. Carter to answer (through this Department) questions from parents and teachers regarding problems of the conduct, training, teaching, etc., of children. We will donate at least a page in each issue of *Nautilus* to these answers. No charge whatever. Write a separate letter for your question and address Mrs. Alberta M. Carter, c/o *Nautilus Magazine*, Holyoke, Mass.





A DEPARTMENT OF
CONSULTATION AND SUGGESTION
CONDUCTED BY ELIZABETH TOWNE
AND WILLIAM E. TOWNE

*"O wad some power the gifts gie us,
To see ourselves as ithers see us,
It wad frae mony a blunder free us,
And foolish notion."*

We answer in this department the 1001 personal problems that are put to us—as far as space and time hold out. And we make one answer do for more than one questioner when possible. Correspondents desiring a personal reply by mail are referred to our ELTO SERVICE, which includes a service fee of \$5. We would answer every letter gratis if it were humanly possible. We MUST curtail, hence the charge for querists who feel they cannot await their answers in these columns. To insure careful attention in our office write "Family Counsel" at head of sheet, and write your subscription order or other business on a separate sheet.—THE EDITORS.

G. P. F.—The source of your happiness and your health and your success is the One Life that lives and expresses through you. Until you learn to look within for that which you seek, you will never find it in satisfactory measure. At present you are wasting time looking for health and success to descend upon you from some source outside yourself, looking for a system of faith or healing that will be perfect in its conception of truth. All systems of healing, all philosophies, all religions are only relative in their relation to truth. All systems change with the changed understanding of mankind. Absolute truth rests only with the Infinite, and the finite can never wholly comprehend the Infinite. Any system of healing disease, any religion, is good for you to the extent that it helps you to a fuller faith in God living and expressing through you, to a greater dependence upon this Source for your health and prosperity and to a clearer understanding of the way in which you may come into a closer unity in consciousness and in action with the One Life. Your attitude is now one of constantly searching for a system that will give you the things you desire. Until you learn to give in return you will not be apt to receive much. I do not mean necessarily to give in money but to give of your interest, faith, love, good will. The critical, intellectual method with which you approach each new experiment in philosophy or religion, keeps you in the old ruts. Not that you should stifle reason, but reason alone never leads to truth. Either Christian Science or New Thought or Applied Psychology might have brought you into health and happiness and success, if you had approached them in the right spirit and stayed with them and given faith, interest, persistent effort to apply that which they taught. Each of these systems, as well as hundreds of others, do produce results. But to get results from any religion you must take something to it. "With what measure ye mete, it shall be measured to you again" is true of your relations with religion and philosophy as well as with persons. Instead of pic-

(Continued from page 39)

woman," it seems to me that it would be well for her to give it a trial from a "bread-and-butter" standpoint. And the business side would help her in selling her poetry.

I believe in having a hobby. Writing is my hobby, and I reserve one day in each week to go to a writer's class.

Now, if your daughter would take a position in an office, then write as a hobby until she has become more proficient in the technique, I believe she would be much happier and more successful in life. Do read Ruth Sucknow's novel, "The Odyssey of a Nice Girl." It will give you a wonderful understanding of the workings of a girl's mind.

Your daughter's high school teachers may have overestimated the girl's ability. . . . I know how that is done by experience. But by all means, encourage her in her beautiful expressions of life, through verse.

A. R.—Do let the child alone! He wants to use his own brains and it is your duty to give him the chance. You cannot live his life for him, but you can encourage him to develop skill and talent. This will give him fresh impetus to work out his own success. Spirit is ever urging us to improve ourselves. Step out of the child's way, and don't ruin his morale by your constant fears.

Mrs. E. J. M.—Do you realize how close you as a mother, are to that son? Your thoughts have a wonderful power over him. And since you continue to think and say that he has been nervous ever since he was born, well,—of course he is. His not being content with toys is not alarming. Many children are not, but there is SOMETHING in which he will be vitally interested, and when he finds that, he will be contented. Instead of fretting about his nerves, his losing weight, etc., try to study the child's natural trend and feed it. You say that "everything must be in quick action." Well, I should reply to that, that that young lad is very much in tune with the spirit of the present age. Call it all "Good." Why, we who are constantly studying Truth are asking for the energizing of the spirit of Christ within us. Be sure that you are alert and abreast of the times.

Whenever you find yourself fretting over the little boy, switch on the following POSITIVE thought: "Your body is the temple of the living God. His Spirit within you is always poised and peaceful and harmonious. You are developing into a strong, energetic lad, with a clear conception of what is best for you to think and do. I will fear no evil."

turing yourself as receiving all that you desire from some source outside yourself, picture yourself as radiating from the great Source within yourself the power that will enable you to create or attract that which you desire. Radiate good will and interest to your customers and you will forget your physical defects and your customers will respond to your attitude in a way that will work to your good. Radiate and act health and you will become healthy. Tune in with that which you desire to become—not with the negations which now seem to hold you in bondage.



Things That Make For Success

And for the advancement of the individual in all ways. This is a correspondence department of success ways and means, conducted by the Editors and contributed to by NAUTILUS readers everywhere.

To Correspondents

Prizes for the Best Letters to This Department.

Have you discovered something that makes for success?

Tell us about it and perhaps you will win a prize.

To the writer of the most helpful success letter published in this department each month we will send NAUTILUS for 3 years. Or 3 yearly subscriptions to separate addresses if preferred.

To the writer of the most helpful letter printed in each 6 months' period, we will send \$5 in cash, in addition to the subscriptions. Prize winners announced each month for the preceding month.

Letters should be concise, plainly written on one side of paper only and not mixed with other matters of any sort.

—THE EDITORS.

Success Letter No. 1138.

GOD'S POWER HEALS BURNS.

IN THE beginning, let me explain that my husband is a hot-footed railroad man, always on the trot searching for his Utopia. The result is that I have moved close to sixty times in the course of our wanderings toward the hoped for Land of Heart's Desire. The Israelites' 40 years in the wilderness pales beside my 40 years of struggle!

Of course I am always overworked and working in a hurry against disadvantages which I am powerless to correct during my short stops, and this results in "nerves" and innumerable burns, cuts and jagged skin tears, my hands being in a constant state of semi-invalidism.

Nearly a year ago I received a terribly severe steam burn, covering my wrist for a width of about three inches—a bracelet of fire. It became scarlet instantly and for a moment I gazed at it in dismay, thinking of the hindrance it would be in my work. Then the voice within said to me, "Why suffer with that burn when God's power heals?"

At once I began to affirm thus: "This will neither smart nor blister for the Divine Power

protects my cells and tissues and will not let them suffer from burns."

The pain lessened at once and in a half hour's time every trace of pain was gone and though the skin seemed cooked to the flesh it never hurt me in anyway or made any one place at all. The mark was there, that was all.

This experience was repeated many times and always the healing resulted successfully and even after a severe burn I could slap or pinch the burnt place vigorously with no trace of pain. After a time it dawned upon me that my burns and cuts were few and far between—almost nil in fact.

One day, a short time ago, my arm received a very energetic and businesslike douche of steam. As per usual I was in a hurry and consequently paid no attention to it, but went on with my work without even affirming for it. Three or four days later I found a three inch half moon just at the bend of my elbow, but there had been no soreness though it was severe enough so that the mark is still there (a month later).

So the Divine Power did truly protect me with no synchronous conscious appeal upon my part.

Today has been stormy and black. Twice I have received heat enough on my hand and arm to make a severe burn in each case. On my arm is one tiny streak of painless red about two inches long. I had made no affirmation for this. I affirmed instantly for my hand and there is not even a mark upon it.

Now I know of course that I cannot grasp a red-hot poker or plunge my hand into boiling water to prove that God's power protects my cells and tissues from the pain of fire. But on the other hand I do know that when I am accidentally exposed to the fire, the Divine Power not only can but does protect me fully, for which I never fail to render heartfelt thanks.

However in this, as in all other affirmations, one should be very careful and look on all sides of the matter. Verily, as Coué said, "It is a

power that can cure you but it can also kill you if used unwisely, so be careful." Do not become too enthusiastic and affirm that your cells and tissues are immune to heat, for in that case they might reject the external heat that your body requires and you would meet sure disaster.

Another signal victory of "mind (soul) over matter" came in the very prosaic and uncomfortable task of *peeling onions*. Funny isn't it? And still why funny?

Several years ago I was making quite a quantity of chopped pickle and I had about a half bushel of sinfully strong little onions to peel and chop. I started in the usual manner and in sixty seconds I was a weeping Niobe. I gasped and struggled for breath and dropped into a chair.

When I finally regained normal condition, I got up and approached the onions with something of the feeling of the matador approaching the bull. And still they looked so innocent and insignificant. But by sad experience I knew them and I set my teeth viciously saying to myself, "No measly little bunch of onions is going to beat me out. Be still, you onions."

And I set to work affirming that neither the oils nor vapors from the onions could in any way affect my eyes. I did not know just how to label the trouble maker, but it worked and I worked free and unaffected with never an extra bat of an eyelid; and it *always* works.

People gaze on my onion labors in amazement and say, "How on earth can you stand there and work like that? I would die." But I just smile and usually reply, "Well, you see I know how." It would probably be of no use to tell them the details, though I sometimes do. It depends upon my audience!—S. M. V., Va.

Success Letter No. 1139.

HOW I USED AFFIRMATION TO HEAL VARICOSE ULCER.

LIVING as I do just across the way from a large electrical power plant, the uses of mechanical power are ever present to mind and view.

But they are as nothing to the power of God within us, if we but knew how to bring forth and direct this latent power which is Love.

We read over and over with our lips, "through *faith* we are made perfect," and yet, "having ears we hear not, eyes we see not," the marvelous power of the Truth—God's Love.

To explain this more fully, I did not get results from the statement of Truth that God would heal my leg of varicose ulcer till I affirmed (regardless of the evidence of my five senses) that my leg was well and carried my body where it had to go and that my veins were well and carried the blood where it ought to go.

Then did I see in a short time that healing was taking place rapidly. "Not I, but the Father that works in me."—K. W. W., Ohio.

Success Letter No. 1140.

SUCCESS AFTER 50.

HAVE taken *Nautilus* for several years. I will be sixty-three next month, but pass for fifty, am in good health, but was broken down for a long time.

In 1918 I lost all and walked the streets of Los Angeles for two months borrowing car fare, looking for work. I finally landed a bookkeeping job at \$25.00 a week. By thought and hard work I advanced to \$50.00 a week, and from the inside to the outside selling.

I then went with another firm at \$75.00 a week for two months, then to \$100 a week. For several years now I have been working on commission, running from \$500 to \$650 a month. Last year my commissions ran \$7,713, averaging about \$5.00 an hour for actual time worked.

This year am running along \$600 a month for a few hours a day, with prospects of increasing this. I have worked in *faith*, supporting a large family and getting such pleasures out of life as a good home, two cars and help in the home will bring. I am getting younger, healthier and happier. I enjoy Landone's writings best of all and turn to his page the first thing when *Nautilus* comes.—W. V. D., Calif.

Success Letter No. 1141.

HOW BABY'S EAR WAS HEALED THROUGH FAITH AND AFFIRMATION.

IN the month of December, 1927, our baby was taken sick. The only way he would rest was by hanging over my shoulder, and he would not eat.

One day a swelling appeared on his head behind the ear. A neighbor exclaimed that her son had the same thing and had to be operated on.

Well, our family have all been reading *Nautilus* for a few years, so this was a good test for us.

I claimed God's promise of healing. While baby was hanging on my shoulder I would repeat:

You are God's child.
Your ear shall not pain you any longer.
You can sleep now.
You are getting better.

That night I laid him in his crib. He woke up a few times and cried a little but the ear got better right along.

The next day he ate. His ear was still standing away from his head, but that got normal in a few days, and he became all right in every way without the aid of any doctor.—Mrs. F. C. E., Fla.

THE PRIZE WINNER for September, 1928, NAUTILUS MAGAZINE, Success Letter Department, is F. H., Calif., who wrote Success Letter No. 1135. We shall be glad to send the prize of three subscriptions as soon as we hear from the winner.

A MIST came creeping o'er my mind,
Like the morning mist of day;
To all high purpose I was blind
And hope was gone astray.
But Love I learned is ever the same.
Unfailing is His way.
The sun of understanding came
And cleared the mist away!

LILIAN HALL CROWLEY.

Did You Ever Take an INTERNAL Bath?

By M. PHILIP STEPHENSON

THIS may seem a strange question. But if you want to magnify your energy—sharpen your brain to razor edge—put a glorious sparkle in your eye—pull yourself up to a health level where you can laugh at disease and glory in vitality—you're going to read this message to the last line.

I speak from experience. It was a message just such as this that dynamited me out of the slough of dullness and wretched health into the sunlit atmosphere of happiness, vitality and vigor. To me, and no doubt to you, an Internal Bath was something that had never come within my sphere of knowledge.

So I tore off a coupon similar to the one shown below. I wanted to find out what it was all about. And back came a booklet. This booklet was named "Why We Should Bathe Internally." It was just choked with common sense and facts.

What Is An Internal Bath?

This was my first shock. Vaguely I had an idea that an internal bath was an enema. Or by a stretch of the imagination a new-fangled laxative. In both cases I was wrong. A real, genuine, true internal bath is no more like an enema than a kite is like an airplane. The only similarity is the employment of water in each case. And so far as laxatives are concerned, I learned one thing—to abstain from them completely.

A bona fide internal bath is the administration into the intestinal tract of pure, warm water, Tyrrellized by a marvelous cleansing tonic. The appliance that holds the liquid and injects it is the J. B. L. Cascade, the invention of that eminent physician, Dr. Charles A. Tyrrell, who perfected it to save his own life. Now here's where the genuine internal bath differs radically from the enema.

The lower intestine, called by the great Professor Foges of Vienna "the most prolific source of disease," is five feet long and shaped like an inverted U—thus \cap . The enema cleanses but a third of this "horseshoe"—or to the first bend.

The J. B. L. Cascade treatment cleanses it the entire length—and is the only appliance that does. You have only to read that booklet "Why We Should Bathe Internally" to fully understand how the Cascade alone can do this. There is absolutely no pain or discomfort.

Why Take An Internal Bath?

Here is why: The intestinal tract is the waste canal of the body. Due to our soft foods, lack of vigorous exercise and highly artificial civilization, nine out of ten persons suffer from intestinal

stasis (delay). The passage of waste is entirely too slow. Result: Germs and poisons breed in this waste and enter the blood through the blood vessels in the intestinal walls.

These poisons are extremely insidious. The headaches you get—the skin blemishes—the fatigue—the mental sluggishness—the susceptibility to colds—and countless other ills are directly due to the presence of these poisons in your system. They are the generic causes of premature old age, rheumatism, high blood pressure and many serious maladies.

Thus it is imperative that your system be free of these poisons. And the only sure and effective means is internal bathing. In fifteen minutes it flushes the intestinal tract of all impurities. And each treatment strengthens the intestinal muscles so the passage of waste is hastened.

Immediate Benefits

Taken just before retiring you will sleep like a child. You will rise with a vigor that is bubbling over. Your whole attitude toward life will be changed. All clouds will be laden with silver. You will feel rejuvenated—remade. That is not my experience alone, but that of 900,000 men and women who faithfully practice this wonderful inner cleanliness. Just one internal bath a week to regain and hold glorious vibrant health! To toss off the mantle of old age—nervousness—and dull care! To fortify you against epidemics, colds, etc.

Is that fifteen minutes worth while?

Send for This Booklet

It is entirely FREE. And I am absolutely convinced that you will agree you never used a two-cent stamp to better advantage. There are letters from many who achieved results that seem miraculous. As an eye-opener on health, this booklet is worth many, many times the price of that two-cent stamp. Use the convenient coupon below or address Tyrrell's Hygienic Institute, Inc., Dept. 11210, 152 West 65th Street, New York City—Now.

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New York, N. Y.

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Name

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**"Never man spake like this man."
(John 7:46.)**

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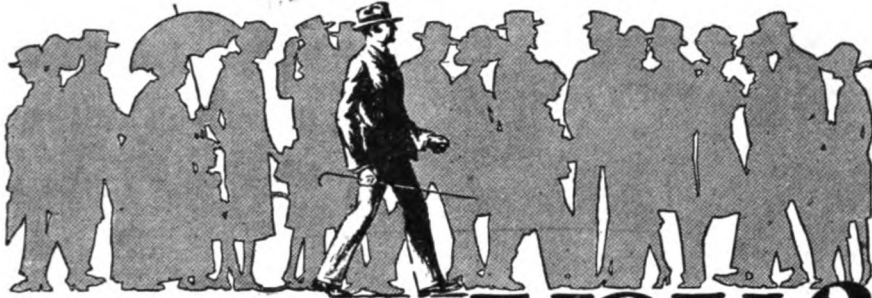


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In the Crowd on the Street—



Who are YOU?

Are you one of the crowd in a sea of felt hats, moving along the street only half awake, half heartedly seeking enough money to keep most of your bills paid? Do men and women look at you without ever seeing you—without knowing you exist? Could they remember you ten minutes later?

Or do you stand out from the crowd? Does your bearing, your step, your manner set you apart; do heads turn and eyes follow you as you pass; are you just another person or are you a personality?

There are over a hundred million people in the United States, all of them important—to themselves. How important are YOU? How important do you want to be?

There is a way to stand out! There is a way to make your name known! There is a way to fire the eyes of those about you with admiration and respect. You can do it and you can begin tonight, NOW! Nothing can stop you. Nothing can slow you up. You can command respectful attention whenever you want to—in any company. You can demand the confidence of men among men, the friendship, love and devotion of men and women. You can sway the will and opinions of others—you can persuade, convince, RULE when you learn to control the giant within you—that colossal power that is now asleep! All the good things of life are within your grasp—all the luxury you crave can be yours.

Why did starving, bleeding France rise and follow Joan of Arc? Why did a beaten and footsore army freeze and suffer without complaint for George Washington? Why did multitudes on three continents weep or laugh, as she designed, when Sarah Bernhardt walked on the stage? Why did a nation mourn when Abraham Lincoln was assassinated? Why did thousands of men seek the honor of dying for the Emperor Napoleon? What was their secret? What did these men and women possess that made millions their worshipping slaves?

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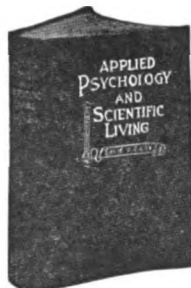
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